

SENIOR *life* R

JULY - AUG 2017 Activities Calendar

July 29 - 30
39th Annual Greeley Arts Picnic at Historic Downtown Lincoln Park. Saturday 9 am - 5 pm, Sunday 10 am - 4 pm. Browse over 150 artisans from all over the nation; listen to music, and hang out at the food court. For a complete schedule visit www.artspicnic.com.

July 29
Adamson's Life After Loss presents a Living History Summer Tours of Linn Grove Cemetery's Middle Section. Free guided walking tour that includes an overview of the historic, ethnic, and cultural backgrounds of the Greeley and Weld County community. 9:00 to 11:00 a.m. and will include the center section of the cemetery, including the graves of the Meeker family, NFL referee Pat Haggerty, well-known farmer C.O. Plumb and Mary McCutcheon who was famous in movies as a member of the Little Rascals. Call Richard for more information and RSVP at 970-534-9555

Aug 4
Neighborhood Nights - Free Summertime Fun! Jungle Book (PG) Westmoor Park, 3800 6th St. Healthy family fun night activities start at 7pm. Merry Makers face painting & balloon twisting from 7-8pm.

Book now for a trip to Mount Rushmore and the Black Hills of South Dakota. Pine Street Church in Lafayette, CO is looking for tourists for a 5 day 4-night trip October 9-13, 2017. Cost is \$459 per person, double occupancy. Call Aleta at (303) 665-3298 for details.

SENIOR Life
Gripe of the Week
BJ is concerned about a parking lot issue: His Gripe is directed at people who, after grocery shopping, won't walk the few steps required to return their grocery carts to the designated place. Instead, they leave them strewn around the parking lot for store employees to gather. Seems rather rude, doesn't it.

Senior Life is sponsored by the Weld County Area Agency on Aging. If you have a story idea or something to share, please contact us at (970) 346-6950 or hdarby@weldgov.com. All content is subject to editing and/or approval by Weld County.

Planning Reunions



By: Nancy Culbreath

Congratulations! You've been picked to oversee your class reunion. Don't panic. Here are some ideas to help make the event a success.

The first thing to do is get organized by setting up a committee to help search for everyone from the class and decide when and where you will get together.

Secondly, set up a budget to determine the cost of the tickets,

and send out the save-the-date announcements. Work with the committee to plan invitations, organize events, and open a bank account. Nine months before the date, create mementoes, a slide show or videos, order tickets and handouts or displays, and solicit donations.

Six months before the event, plan decorations, displays and centerpieces. Continue your phone drive. Order any mementoes such as t-shirts, awards and door prizes.

Three months before the reunion, update the address list and send reminder letters. Start making name

tags and prepare printed and oral programs.

One month before the big day, send reminder postcards and make/order banners or signs for registration area.

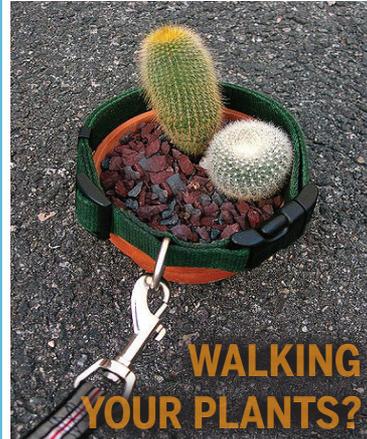
At the two-week mark, send email reminders or mail tickets. Verify the event attendance and finalize program announcements and any award winners. Make sure programs, handouts and art work are printed and any door prizes are received.

One week before the reunion, prepare the final list of paid attendees and prepare registration packets, including pre-paid and will call. Give the meal count to caterers or restaurants, and make final payment to facility. Verify the room set up and equipment arrangements with the banquet manager.

The day of the event bring all of the supplies, including the checkbook and enjoy the celebration! But wait! Your job isn't quite finished! Following your successful event, you need to finalize photo book with the photographer. You should send the handouts to those who paid but couldn't attend, along with thank you notes, follow up letters, and any donations to the high school, if collected.

And finally, celebrate at a follow-up meeting with your committee to discuss successes and failures.

Congratulations! Enjoy your success.



WALKING YOUR PLANTS?

By Bill Crabbe

Sometimes I feel as if I am on a quest to find the weirdest National Day, and there are some lulus out there. Personally, I think Take Your Plants for a Walk Day is right up there.

Upon seeing that this was a national day I immediately thought of the Ents in the Lord of the Rings. They are certainly the most well known of the ambulatory plants

and perhaps the only ones that have been celebrated in film. But a perusal of the botanical literature revealed to me that they are by no means alone. At least two others carry the word "walking" in their names. The question is, do they actually stroll across the landscape, or is this just something that nursery owners or tour guides like to tell people, perhaps around a campfire in dark of night.

The first is the Walking Iris. I'll spare you the scientific name. It is called the Walking Iris because it seems to spring up all over the place in your garden, rather spontaneously. Botanists suggest that it does this simply because it is a prolific self-propagator. But if you would rather think of it as surreptitiously pulling up roots, so to speak, and wandering over to yonder tree while the full moon is shining and you are sleeping deeply, well, I'm all for a little romance.

The second is a bit more interesting. In the wilds of Central America there is this plant called the Walking Palm. In its full-grown form it looks

like something out of War of the Worlds, as it stands up to two feet above the ground on a number of what look a great deal like legs. Many a tour guide has made a decent living spinning tales about this particular botanical marvel. Tourists, who are already enraptured by the strangeness of much that surrounds them in the jungle, are invited to imagine this plant ambulating freely, albeit quite slowly, presumably in quest of the lost or unwary. Botanists are a bit more prosaic, pointing out that it simply has a number of external roots, some of which wither away over time while the main body of the plant doesn't really move.

So in all likelihood, walking plants don't really walk. So what is this national day really all about? Well, it seems it is simply about taking your plants around to show them off to your neighbors, presumably so they will feel inadequate when they look into their own backyards. But be careful; if you annoy them too much and they really have a walking, predatory palm, just maybe they have been training it for nocturnal raids.

10 Ways to Beat the Heat

By Whitney Janzen-Pankratz

- Go to the Library:** The High Plains Library District has great programs including book clubs, knitting groups, poetry circles, Facebook for Beginners, art classes and more.
- Try Water Aerobics:** Gone are the days of lounging at the side of the pool. Get into shape using a non-weight bearing form of exercise! Check out class schedules at your local recreation center, Hope Therapy Pool, or fitness center.
- Go see a matinee movie:** Let the heat of the afternoon sizzle away outside while you explore other worlds inside a theater. That dinner and a movie date can easily turn into lunch and a movie, or you can
- Drink ice water:** Not a water drinker? Add fresh mint leaves, cucumber, lemon, lime, berries, or watermelon.... Delish!
- Go to the mountains:** It is often cooler at higher elevations. In the August heat Weld county temperatures average in the 90's but our neighbors to the West in Estes Park average in the 70's. Roll down your windows on your way up the canyon!
- Ice Skating:** The Ice Haus in downtown Greeley is the "COOLEST place in town!" Check out their Summer Public Skate Sessions at www.greeleyrec.com/facilities/greeley-ice-haus
- Join a gym:** You may also be eligible for free admission and programing with Silver Sneakers! To find out go to www.silversneakers.com and check your eligibility today! The afternoon heat
- passes fast when you are working hard at the gym.
- Walking in a mall:** Did you miss your morning walk? Is the afternoon heat just too...HOT? Take window shopping to the next level and walk in the comfortable AC of a local mall.
- Block that Sun:** It may be shade created by your hat, or by shutting blinds and curtains at home while you are out. Either way, blocking the sun can make a drastic difference in temperature. When you don't cover up don't forget to use sunscreen.
- Crock pot cooking:** And finally, at the end of a long hot summer day the last thing you want to do is turn on the oven. So, look up some slow cooker recipes, and enjoy at dusk along with the cool evening breeze.

Sources:
www.greeleyrec.com
www.mylibrary.us/events
www.silversneakers.com

Senior Life • Gripe of the Week • For Monday, July 17, 2017 • Elly writes to say her Gripe is people who gripe. She says: Ok, I'll allow myself just this one: I have little patience for griping! Why gripe, when there's so much to be cheerful about and grateful for? It's a matter of choosing what to focus on. Griping is an energy-suck and does not promote wellness.
There, I've got this one off my chest— thanks!

SENIOR HEALTH & Fitness

Powerful Tools for Caregivers Grandparent Workshop:

If you are the primary caregiver for a grandchild, this workshop will help you learn to reduce stress, guilt, and anger; gain relaxation techniques; set goals and problem-solve. Workshop meets once a week for six weeks. FREE but registration is required by calling 970-400-6130.

Tuesdays 8/8/17 to 9/12/17:
North Colorado Medical Center, Greeley: 9:00 - 11:30 am

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 7/31
Breakfast Burrito, Vanilla Yogurt, Asparagus, Strawberries, Nut Cup

tues 8/1
BBQ Pork on Wheat Bun, Ketchup, Browned Potato, Southwest Coleslaw, Apricot Halves with Raspberries

wed 8/2
Breaded Fish Sandwich, Wheat Bun, Lettuce and Tomato, Tartar Sauce, Broccoli and Cauliflower, Roasted Potatoes, Melon and Strawberries

thurs 8/3
Hamburger, Wheat Bun, Lettuce, Tomato, Onion, Pineapple and Blueberries, Creamy Red Potato Salad, Ketchup, Mustard, Crunchy Fruit and Nut Cup

fri 8/4
Beef Stew, Lima Bean Salad, Orange Apple Banana, Corn Bread Muffin, Honey, Butter

Did you know?
A single cup of yogurt can be packed with protein—on average, about 10 grams per 8-ounce serving. That's about 20 percent of the recommended daily protein intake for the average adult.