

# BEYOND 60

## ACTIVE LIVING

DEC 2018-JAN 2019

### Activities Calendar

dec 20

December 26, 2018.

**Boxing Day Quizmaster Trivia at Brix Brewery and Taphouse (813 8th St).** From 7 pm - 9 pm there will be trivia for all and extra prizes on Boxing Day.

dec 30

**“Well Dressed in Weld; Mourning Attire” at the Greeley History Museum.**

From 12 pm - 4 pm

come view this exhibit before it ends. Explore how people historically mourned death through the years. Learn about the etiquette that dictated clothing and the length of public mourning periods. This is the last day to view this exhibit!!

jan 4

**First Friday: A Night of Art at Downtown Greeley (9th and 9th Ave) from**

5 pm - 8 pm. A great

opportunity to visit local galleries and businesses featuring rotating artwork. It is a self-guided tour and maps are available at each of the participating galleries.

jan 5

**Winter Farmer’s Market at Zoe’s Café and Events (715 10th St).** From 9

am - noon shop in a fun atmosphere and support local farmers and vendors.

Beyond 60, Active Living 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.

## imagination

### Ain't it Grand!

by Dick Williamson

We humans are gifted with an amazing power that, I believe, no other species in God’s animal kingdom possesses: the ability to imagine. What a gift! And especially at Christmas!

Paul Harris in “The Work of the Imagination” writes that children can engage in the creation of imaginative alternatives to reality from their very early years. I think I already knew that— I learned it at age 4.

It was Christmas of 1938. The depression was still raging and times were tough. I doubted that Santa would ever make it to our house; we were just too poor. My dad worked hard as a hotel chef, but I heard him tell mom that

his \$16.00 weekly salary wasn’t enough to cover their weekly expenses of \$18.75. I did not expect to see Santa, much less receive any gifts on that grim Christmas Eve.

We listened to some carols on the radio and went to bed.

At breakfast mom said dad was gone because he had to work Christmas day. My sister and I finally went into the living room and sat by the small sparsely decorated tree for what was to be a very sad Christmas. Suddenly we heard a “HO-HO-HO” and into the room bounded . . . Santa! I knew it was Santa. It

was really him! He was 6 feet tall, a little thinner than I expected, with white pants, a red shirt and a tall flouncy white hat with red trim. His white beard was so perfect it almost looked like cotton. It was Santa - no doubt about it! And he brought gifts: a rag doll for my sister and a football for me. There were popcorn balls and cookies and Kool-Aid and we were so happy. It was the best Christmas ever!

Imagination? Sure. My 6 foot tall dad weighed about 125 pounds. His chef outfit with a little trim, a red shirt and a little cotton was all it took. Mom had made Lorraine’s doll out of flour sacks and the football had been my (now-grown) uncle Richard’s.

I have never forgotten that wonderful Christmas! Ain’t imagination grand!



By Eileen Smith

Traditions are an important part of being a family. They create bonds between people and promote a sense of togetherness and belonging. Traditions are as old as time and are important to our well-being. Holiday traditions abound: stringing popcorn for the tree, cutting a tree, getting socks as a gift, or watching a favorite movie or show together (we loved Charlie Brown Christmas). As the holidays approached this year, and I was thinking about writing

this article, I have been reflecting on some of my own family’s traditions. We had several that bring back fond memories.

One of the earliest traditions that I recall is, each year as the season drew near, my parents taking us kids to pick out our very own ornament for the tree. They had started each of our collections when we were born with a ceramic Santa doing a split. Mom kept a log of all our ornaments and as we moved into adulthood gave us the ornaments and a list of the year

we had chosen them. While some of them have broken, I still have many and enjoy putting them on the tree each year.

Another tradition we had was attending the Christmas Eve Candlelight Service at our church. This was followed by the opening of one gift before being tucked in to await Santa’s arrival.

One of my favorite memories has to do with our gifts. Christmas morning we would draw numbers to see in what order we would open our gifts. Each gift under the tree had a clue on it as to the contents inside the paper. We were not allowed to open the gift until we guessed it by the clue! And as we got older, the clues became more complex. It truly made the morning special!

Whether your traditions are new or old, it is important to have them. Find the ones that work for you and if you don’t have family traditions, go ahead and create your own!

## A Portrait of Peace

An oft repeated and recorded tale; original author unknown

Once upon a time, not so very long ago, and not so very far away, a king invited artists to submit their visual portrayals of peace. He promised to select the best. That one would be displayed in his palace.

The king carefully and deliberately considered each contribution he received, and finally narrowed his selection to two finalists.

One picture featured a tranquil lake that perfectly mirrored serene mountains towering around it. Fluffy white clouds floated in a blue sky overhead. Everyone in

the king’s court thought this was, indeed, a perfect picture of peace.

Mountains were also present in the second portrait. These mountains were rugged and bare. Harsh rain fell from an angry sky. Lightning flashed. A roaring waterfall tumbled down the mountainside. The court thought this picture was anything but peaceful.

Yet, the king selected the latter. Upon close examination, he found a bush growing from rocky soil behind the turbulent waterfall. Its branches sheltered a nest built by a mother bird to provide a safe



harbor for her fledglings. While water cascaded beside her, the resolute bird tended her nest.

When questioned, the king explained his choice: “Peace is not only in a place where there is no noise, trouble, or hard work. Peace is in the midst of things as they are. For you see, true peace comes from within.”

### SENIOR HEALTH & Fitness

#### Powerful Tools for Caregivers Workshop:

If you are caring for a loved one at home, this workshop will help you learn to reduce stress, guilt and anger; relaxation techniques; set goals and problem-solve (family caregivers only). Workshop meets once a week for six weeks. FREE but registration is required by calling 970-400-6130.

Tuesdays 1/15/19 to 2/19/19 from 9:00 - 11:30 am: Greeley Medical Clinic, Greeley

#### A Matter of Balance Workshop:

Learn ways to reduce the fear of falling and break the fear of falling cycle. A variety of activities address physical, social, and cognitive factors affecting fear of falling by focusing on practical coping strategies. Workshop meets once a week for 8 weeks. FREE but registration required by calling 970-400-6117.

Wednesdays 1/23/19 to 3/13/19 from 10:00-Noon: Milliken Senior Center, Milliken

#### NEXT WEEK’S SENIOR NUTRITION LUNCH MENU:

mon 12/31

No Meals

tues 1/1

No Meals

wed 1/2

No Meals

thurs 1/3

Chicken-Raspberry Glaze, Roasted Beets & Butter-nut Squash, Green Bean Almandine, Pumpkin Roll, Butter, Banana Bar with Icing, Milk 1%

fri 1/4

Beef Stew, Cucumber-Tomato Salad, Orange-Apple-Banana Fruit Salad, Wheat Biscuit, Butter, Milk 1%

#### Did you know?

Both summer and winter squashes are related to melons like honeydew and watermelon?