

B E Y O N D 6 0

A C T I V E L I V I N G

APRIL 2018

Activities Calendar

april 5

Mood foods and cooking for one: Does what you eat affect how you feel or mood? Learn how foods can affect your state of mind (and body); get cooking tips and ideas for healthy cooking for one or two people. No charge; please call Aspen Club to register at 970-313-2796. 10-11 a.m. Greeley Medical Clinic, 1900 16th St., Greeley.

april 7

Spring Fling. A benefit for the Alzheimer's Association. Tickets are \$75/person or \$125/couple and includes steak dinner, drinks, dance to live music, give aways and photo booth. Atlas Theater, 709 16th St., Greeley from 6:00 pm-midnight. Call Christina at 970-691-4766 for tickets.

april 7

Winter Farmers' Market. This season features hardy root crops, winter squash, greenhouse-grown produce, locally raised meat, fresh bread, coffee, honey, savory spices, and more. The winter market is held indoors at Zoe's Café, 715 10th St., Greeley from 9:00-12:00 pm.

april 11

Ask An Attorney Clinic hosted by the Weld County Combined Court Information Center. Speak with a local attorney for free. (Family, Divorce, Custody, Child Support, Evictions, and Civil Law Suits to name a few.) Each one-on-one session is 15 minutes. 3:00 - 4:30 pm at 915 10th St. Please call to confirm or for more information 970-475-2410.

Fight Fraud - Shred Instead!

The Area Agency on Aging and AARP Foundation is sponsoring a shred event where you can drop off unnecessary personal financial documents and records for shredding on April 18th from 9:00-12:00 pm at Island Grove Park, 501 N 14th Ave. (next to Grandstands) in Greeley. Limit to 3 boxes and please bring a nonperishable food donation for the Weld Food Bank.

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.



Sturgis, Mustaches, Manilow

By Beyond 60 Staff

While Gates has been to Sturgis 11 times, he has been sporting facial hair for much longer. Gates has had facial hair since he was fifteen, never having much else besides a mustache due to his law enforcement background, not to mention he doesn't embrace the fact that his beard grows in white.

Recently, Mayor John Gates was interviewed by the Beyond 60 Active Living staff. After the idle chat regarding the upcoming August move to the new building, we got down to business.

With the help of a little social media stalking, we started the interview off with Sturgis. His posts include pictures of his Harley and selfies from 'Biker Row.' Gates has been to the rally 11 times and he always goes with the same group of guys. He assured us that he has never done anything outrageous.

Speaking of the long arm of the law, it was a little short one night for teenager Gates. We asked him if there ever was a time when he might have been on the other side of his career with law enforcement. Turns out Gates and several hoodlum friends once stole runway lights from an airport. Even though they didn't get caught, his advice now to his younger self would be, "do the right thing," and we are convinced that is the advice that he would give to anyone.

The mustache and the Harley may fit

together but his music choice and dedication to the artist may surprise you. Barry Manilow is one of Mayor Gates' favorite artists. He has seen him in back to back concerts as well as a solo flight to Vegas to watch the final tour. And you can only imagine what song he would sing karaoke - "Looks Like We Made It", but he also loves "American Pie".

If Gates could have any superpower, he would love to fly, so he could see more and get places quicker. That may explain his love for The Jetsons, his favorite cartoon as a kid and now also his ring tone! Before we round out the interview with his most embarrassing moment, you should know he doesn't believe in Big Foot and his favorite TV show is Deadliest Catch.

Embarrassing moments may be hard to remember or even too embarrassing to retell, but we have decided Gates' most embarrassing moment was him having such a hard time coming up with one. Not only did he pass on this question till the end of the interview, he kept getting stumped with finding a response. In the end he tried to call his wife, Patty, and when she didn't answer, he resorted to his "work wife" to remind him of a 'true embarrassing moment'. But we're keeping this one for the books.

A Walk in the Park

By Nancy Culbreath

If I say, "Let's go for a walk in the park," what does that mean to you? Do you think of lovely trees and squirrels and birds? There is a National Take a Walk in the Park Day observed annually on March 30th. Who knew? No one is sure how it originated. It is a good way to clear your mind and relieve the day's stresses. You may take a scenic photo, reenergize, improve your health at the same time have an opportunity to connect with friends. It's easy to do and usually pleasant, plus without cost. This is just the beginning of ways to enjoy the wonderful nature experiences in Colorado.

I learned that there are songs out there that refer to walking in the park. There

are at least 60,648 song lyrics and 100 albums recorded by 36 artists on this topic. Here's an example: Hurry, don't be late; I can't hardly wait; I said to myself when we're old; we'll go dancing in the dark, walking through the park.

The possibilities are endless for uplifting your spirit and making you smile, and all at no cost!

If you want to broaden your horizon and be adventuresome consider adding Colorado's National Parks to your list. They are Rocky Mountain National Park, Mesa Verde, Great Sand Dunes, Black Canyon of the Gunnison. Consider adding Eldorado Canyon State Park and Colorado



National Monument for a circle tour of all of them in an 1130-mile trip. That would include spectacular 14,000-foot peaks, ancient Indian pueblos, soothing hot springs and fantastic historical towns. All of this without leaving the state. Happy travels!

were forty-nine regular teams and nineteen 70's teams who participated.

More information can be found by calling your local recreation or senior center, by checking the CSSA website at www.coloradoseniorsoftball.us, or by calling the CSSA Commissioner, Stan Harbour, at 303-721-8037.

Submitted by: Stan Harbour; CSSA Commissioner; 303-721-8037; stanharbour@comcast.net



play through the numerous recreation and senior centers throughout the front-range area, with teams participating as far south as Colorado Springs and Castle Rock, as far north as Greeley and Longmont, west to Evergreen and east to Aurora. Teams are divided into divisions based on competitive level. Games are played in the regular season schedule that runs from the third week in April until early August. End-of-season tournaments are then played in August.

The league organizes the regular senior teams (50 years of age and above) into seven divisions who play double-headers on Wednesday mornings, and the 70's teams (70 years of age and above) into three divisions who play double-headers on Monday mornings. In 2017, there

Colorado Senior Softball Readies for 2018 Season

The Colorado Senior Softball Association (CSSA) held a Board of Directors meeting in late January to begin preparations for the 2018 season, which will start April 16th.

CSSA is a nonprofit organization that organizes and manages a softball league as a means for recreation and exercise for senior citizens, 50 years of age and above. The league is managed by a Board of Directors made up of members from the Recreation Centers and from the ranks of players who volunteer their time. Teams

AGE OUT LOUD

Researchers tell us that "happiness" means different things as we age. In youth we explored new challenges to set a course for life. As seniors we cherish those activities that make us "comfortable," or at ease with life. People find that sense in different ways and we'd like to hear your story. Some folks, like retired attorney Ron Medley, Grandma Moses, or Robin right here in Greeley, find joy in painting. Let's hear your story.

Send your story to Age Out Loud editor, Dick Williamson at radiomemry@gmail.com. Contributions should be 75 words or less and are subject to edit.

Preserving the Past

Richard tells of a six-week, 10,000-mile journey he took at age 68. He had lived on both coasts, in the North, South and Midwest, making friends and creating memories along the way. The trip, with camera and recorder, took him to every place he had lived, renewing old friendships and bringing memories to life. It also spawned a 100-plus page book detailing his life. It will be a treasure for future generations wanting to know about their ancestry.

SENIOR HEALTH & Fitness

Tomando Control Colorado Diabetes:

Sea proactivo y aprenda las herramientas para manejar usted mismo su diabetes. Aprenda a aplicar los conocimientos, como una nutrición adecuada, el desarrollo de un programa de ejercicios. Este Taller se reúne una vez a la semana durante 6 semanas, a partir del Lunes 16 de Abril de 6:00 pm-8:30pm. Monfort Family Clinic, Evans. GRATIS si tiene 60 años de edad o más, para mas información llame a 970-400-6111 (El espacio es limitado)

Stress Busters Workshop:

Learn new stress management techniques, relaxation, and coping skills. The evidence-based workshop is for family caregivers (only). Workshop meets once a week for nine weeks. FREE but registration is required by calling 970-400-6130.

Wednesdays 4/25/18 to 6/20/18 from 9:30-11:00 am: Farr Library

Strong People Class:

Maintain and improve strength, flexibility, and balance. Hand weights and legs weights are provided. Learn proper technique and intensity specific for you. FREE for people 60 and older, but registration is required by calling 970-400-6117.

Tuesdays & Thursdays 4/10/18 to 6/28/18 from 3:00-4:00 pm: Greeley Senior Center

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 4/2

Country Fried Steak with Cream Gravy, Yukon Mashed Potatoes, Gravy, Green Beans, Orange Wedges, Wheat Roll, Butter, Milk 1%

tues 4/3

Sloppy Joe on Wheat Bun, Creamy Coleslaw, Roasted Sweet Potato, Raspberry Gelatin with Raspberries and Pears, Milk 1%

wed 4/4

Teriyaki Chicken with Pineapple, Rice Pilaf, Green Beans with Water Chestnuts, Apple/Cranberry Crisp, Milk 1%

thurs 4/5

Tamale Pie, Zucchini with Red Peppers and Onions, Tropical Fruit Mix, Custard with Strawberries, Milk 1%

fri 4/6

Lemon Cod with Basil, Lemon, Tartar Sauce, Baked Sweet Potato, Spinach Garbanzo Salad w/ Raspberry Dressing, Wheat Roll, Butter, Almond Peach Slices, Milk 1%

Did you know?

Herbalists recommend using basil as a digestive and anti-gas aid, while others recommend it for easing anxiety and headaches.