

B E Y O N D 6 0

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

JUNE 2018

Activities Calendar

June 14

Life Care Center of Greeley and The Bridge at Greeley celebrate 20 years. Join them from 4-7 pm at 4800 25th St. or 4750 25th St. in Greeley for ribbon cutting, food and entertainment. Please RSVP to 970-339-0022 or 970-330-6400.

June 16

Walk with a Doc. A walking program for everyone interested in taking steps for a healthier lifestyle. While you walk at your own pace, you'll have the opportunity to have questions answered by local physicians. Free. 8:00 am at Sanborn Park.

June 19

Pinterest. CEO Ben Sibermann summarized the company as a "Catalog of Ideas" that inspires users to "go out and do things." If you are one that wants to go out and learn new things to do, this all in one site for recipes, crafts and more is for you. Greeley Active Adult Center, 1010 6th St. at 1pm. Member \$10, non-members \$15.

June 20

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.

Landscape Lecture - The Native Plants: Bees, Butterflies, & Beauty. Classes and workshops are free; but, RSVPs are required by calling 970-350-9210. 6:00 pm at the Greeley Recreation Center, 651 10th Ave., Greeley.

June 21

50+ You're Hired workshop. Receive encouragement, learn new strategies for job searching and meet employers. Space is limited for this FREE 6 week series. Register at www.connectingcolorado.com or call 970-400-6791. Employment Services, 315 N 11th Ave., Building B, Greeley from 9:00-10:30 am.

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.



LIFE LESSONS FROM DAD

By Dick Williamson

As we look forward to Fathers' Day, I'm reminded of some of the "life lessons" I learned from my dad. I share a couple of them here.

In 1949 my dad took me to Chicago's Wrigley Field to see the Cubs play the

Dodgers. It was my first big league experience but somehow I felt dad saw this as more than just another ballgame. The Dodgers were an outstanding team and would go on to win the National League Pennant that year. They had a great lineup including Peewee Reese, Carl Furillo, Gil Hodges, Roy Campanella, Duke Snider and Jackie Robinson, the first Negro (1949 term) to ever play in the big leagues. His presence on the Dodger roster was a highly contentious issue all over the country. Some of the fans booed the intruder as he came to bat. Others stood to honor him.

Dad was among the first to stand and applaud Robinson and I remember him saying after the game, "Richard, you saw history today, both good and bad. Learn from it."

Then there was the time dad and I went to the stock car races. The man at the ticket window said, "One adult and one child, that'll be two-twenty-five for you

and the boy."

Dad responded, "No, the sign says, 'twelve and under - half price,' and my son is thirteen."

I thought, "How dumb. We could have saved seventy-five cents." Later, in discussing the incident, dad said, "My dad taught me that. He said it's a matter of deciding what kind of person you want to be."

Years later I took my son Rick to a baseball game and the ticket incident repeated itself. He was fourteen at the time but looked younger and was offered a half-price ticket. I hadn't thought of the race track incident in years but when Rick looked at me quizzically, I paid the full price, and suddenly dad's words appeared on my tongue; "My dad taught me that. He said it's a matter of deciding what kind of person you want to be."

Dad's influence has continued far beyond his 95 years.



TRAVEL TIPS

By Bill Crabbe

You have decided it is time to see the world. You are retired. You have worked your whole life for this moment and, by God, you are going to travel. Come hell, high water, hurricanes, or hemorrhoids, you are going to travel. Well, by all means, do so. But if you have waited a lifetime for this and have blown through your prime in the meantime, you are going to find that

elder travel has its definite challenges.

Take rest rooms. You know, those things that you find you need with increasing frequency. Well, I hate to tell you but not every place you could go will have those as available as you might like. The more discerning will notice that the problem starts at the airport gate. These days there is sometimes a second security check at the gate, after which there is a waiting area and no restrooms. So that coffee you bought after checkpoint one, thinking you were going to be able to enjoy it at the gate waiting to board, then quickly chugged when you hit that second checkpoint, has now become your worst enemy. It significantly slows the boarding process when there is a line outside the on-board bathroom that is delaying departure. While we are on this topic, once you get there just figuring out the restroom culture of each country you visit requires advanced study. And as is the case in our country, errors can be problematic.

Then there is food. As we age God plays a nasty trick on us. We have lost a good

portion of our taste buds so we need things spiced to the max in order to taste them. But we have also lost half of the functioning of the digestive tracks that would allow us to comfortably process spicy food. It's a dilemma. Some might choose to play it safe and opt for the bland. But I can tell you from experience that the availability and quality of cottage cheese varies greatly from country to country.

Finally, I will only mention phones. Perhaps you are someone who has fully converted to the concept of a phone as a mobile computer that manages all facets of your life. If you are older, chances are you haven't. Let me tell you, there is nothing as confusing as trying to figure out the phone system of a different country. None that I have encountered makes much sense to anyone over about 40.

So, as I said, by all means, travel. Hit every restroom you can find, try the local cuisine, and call us to let us know how it's going, assuming you can figure out how to get your phone to work.

Songs at Sunset across Weld County

Weld County is wonderful place to live for so many reasons - especially in the summer! We are graced with clear-blue skies and amazing vistas in all directions. Weld Countians are also blessed with free concerts - several evenings each week!

Sundays at UNC's Garden Theater: Concerts Under the Stars (arts.unco.edu/concerts-under-stars) 8:00 pm

- July 8: UNC Bluegrass Faculty
- July 15: Mariachi Aztlan and Ballet Folklorico
- July 22: Hal Aqua and the Lost Tribe

Tuesdays at UNC's Garden Theater: Concerts Under the Stars • 8:00 pm

- July 10: The Burroughs
- July 17: Colorado Jazz Orchestra
- July 24: Paa Kow

Thursdays at Windsor's Boardwalk Park (www.windsor.gov/concerts) • 6:30 pm

- June 7: Legendary Hitchhikers
- June 14: Cowboy Dave Band
- June 21: Rusty 44
- June 28: The Modniks
- July 5: Delta Sonics
- July 12: 17th Avenue All Stars

July 19: Indigent Row
July 26: Kerry Pastine and the Crime Scene Band

August 2: The Eighties Band
August 9: John King
August 16: Bart Crow
August 23: Funkiphino

Thursdays at Greeley's FunPlex -- 1501 65th Avenue (greeleyrec.com/event/summer-concert-series-at-the-family-funplex) 7:00 pm

June 21: Just for Kicks
June 28: 101st Army National Guard Band

July 5: Kream of the Krop
July 12: Don Elwood Big Band
July 19: John Mills Orchestra
July 26: New Horizons Swing Band
Aug 2: Kream of the Krop
Aug 9: Just for Kicks
Aug 16: Kream of the Krop
Aug 23: John Mills Orchestra

Thursdays in Frederick's Crist Park: Downtown Sounds (www.frederickco.gov/236/Downtown-Sounds) • 5:00 pm

In conjunction with the Frederick

Market, the concert series provides great entertainment and fun!

Friday Fests in Downtown Greeley (www.greeleydowntown.com/signature-events/friday-fest)

Enjoy live music on the 9th Street Plaza every Friday from June through September. You will see street performers, fire spinners, face painting, balloon artistry, sidewalk chalk, and more! Music begins about 6:30.

Scheduled Saturdays at Erie's Coal Creek Park: Concerts in the Park www.facebook.com/pg/ErieChamber/events • 6:45 pm

- May 26: That Eighties Band
- June 23: Groove a Liscious
- July 7: Stereo Collision
- July 21: Deja Blu
- August 4: FACE Vocal Band
- August 18: Local Erie bands

Call friends, pack a picnic, bring chairs, add mosquito repellent, and enjoy great music! (You may wish to verify the schedules before you finalize your plans.)

SENIOR HEALTH & Fitness

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.

Tuesdays, 7/10/18 to 8/28/18 from 9:00-11:00 am: North Colorado Medical Center, Greeley

Aging OUT LOUD

THINGS I DO TO STAY YOUNG AND ALIVE

The most important thing to Ruth is her relationship with Jesus Christ. She prays and meditates daily. She eats a well-balanced diet and tries to keep physically active despite physical limitations. She is an active member of her church and an adult Sunday school teacher. Her furry babies keep her going. They are her "kids" and keeping them well and happy makes her happy.

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 6/18
Crispy Fish Sandwich on Wheat Bun, Tartar Sauce, Roasted Red Potatoes, Creamy Coleslaw, Tropical Fruit, Blueberry Crisp, Milk 1%

tues 6/19
Chicken Fajita on Wheat Tortilla, Pico De Gallo, Spanish Rice, Refried Beans, Rainbow Fruit Salad, Milk 1%

wed 6/20
Roast Beef, Gravy, Mashed Potatoes, Gravy, Green Beans with Red Peppers, Wheat Roll, Butter, Raspberries and Bananas, Milk 1%

thurs 6/21
Roast Turkey, Gravy, Apple-Cranberry Dressing, Gravy, California Blend Vegetables, Pumpkin Bar, Butter, Milk 1%

fri 6/22
Rosemary Pork Loin, Gravy, Mashed Potatoes, Gravy, Caesar Salad, Wheat Roll, Butter, Fruit Salad, Milk 1%

Did you know...
In addition to making our food taste even better, Rosemary is used topically for preventing and treating baldness, treating circulation problems, tooth-ache, eczema, and joint or muscle pain.

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 radiomemory@gmail.com. Contributions should be 75 words or less and are subject to edit.