

# B E Y O N D 6 0

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



OCTOBER 2018

### Activities Calendar

#### Sept 27

The 2nd Annual Golden Gallery Art Show. Opening reception at the UCCC, 701 10th Ave., Greeley from 4:00-6:00 pm. Come view the showcase of local artists aged 50 plus while enjoying hors d'oeuvres. Free and open to the public.

#### Sept 27

Candidate Forum. Candidates for Weld County Commissioner At-Large and District 2 positions, Clerk and Recorder, and State House Districts 48 and 50 will be featured. Aims Community College, Cornerstone Building, 5401 W 20th St., Greeley from 6:30-8:30 pm.

#### Sept 28

Corn Hole Tournament. Join the Greeley Active Adult Center (1010 6th St.) at 9:00 am for the first ever tournament. It's a \$5 entry fee per 2-person team. Prizes will be awarded to the first and second finishers with refreshments during play.

#### Sept 29

Walk to End Alzheimer's. Take a step to help end Alzheimer's and attend the Walk at Bittersweet Park, 35th Ave. and 16th St., Greeley. Registration is 8:00 am, opening ceremony at 9:00 am and the walk begins at 9:30 am. Call Ashley at 970-392-9202 for more information.

#### Oct 4

Greeley-Weld County Local Ballot Issues. Hear pro and con presenters from the City of Greeley and the County of Weld to discuss State Initiative #97 (oil and gas setbacks). Farr Library, 1939 61st Ave., Greeley from 6:30-8:00 pm.

#### Oct 4

50+ You're Hired Workshop Series begins. Meet once a week for 6 weeks. Different weekly topics. Learn new job search strategies and meet employers. Week Two: Secrets to Turn Your Resume and Cover Letter into Interviews. Register at [www.connectingcolorado.com](http://www.connectingcolorado.com) or 970-400-6791.

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](mailto:hdarby@weldgov.com). All content is subject to editing and/or approval by Weld County.

## Fall Colors in New England

By: LeAnne Bodine



It is that time of year to check out the colors of the fall season. Colorado is at the top of the list of places to visit to see nature's banquet of color. The aspens

trees sprinkled across the Rocky Mountains are a sight to behold. But if you want to see more oak, ash, maple and hickory trees turning "leaf peepers" heads, New England is the place to go.

According to 'Trip Advisor' the best places to take in fall foliage are Old Lyme, Connecticut and Millinocket, Maine. But as you travel the New England countryside, you will find there are a variety of places to visit from Rhode Island to Maine and beyond. You just need to decide how much time and money you have to spend and then be off to some great adventures.

While taking in the array of fall colors you can drive to or drive through the score of covered bridges found in this part of our country. Built back in the late 1700's and early 1800s, they are full of charm and beauty. New Hampshire has the most, but some can be found in Maine, Massachusetts, Connecticut and Rhode Island.

Ever seen a cranberry bog? What a beautiful site to see all those bright red cranberries nestled in with the surrounding fall bouquet of color.

Cranberries are harvested from late August through September and can

be found in most New England states, so you better hurry!



As you tour the rocky eastern coastline, lighthouses can be seen amongst the colors. Three lighthouses surround Acadia National Park, located on an island in Maine. Unique to the area, they are a must see.

Whether you stay in Colorado to enjoy the vibrant golden aspens or venture out to any of the New England states, get out and enjoy nature at its best. A palette of color awaits you.

## Paraprosdokians

Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous. (Winston Churchill loved them.)

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you ... but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up -- we only learn how to act in public.
6. War does not determine who is right, only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, "In case of emergency, notify..." I answered "a doctor."
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive, but now I'm not so sure.
14. To be sure of hitting the target, shoot first and call whatever you hit the target.
15. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

## Aesop: A wise slave? A myth? A legend?

Aesop may have been a Greek slave of African descent who lived between 620 and 560 BC. His wise stories may have earned his freedom and position of advisor to a king. Aesop's clever moral-based fables may have been the first morality tales of Western Civilization.

Actually, verifiable information about the ancient storyteller is limited. Scholars have suggested that Aesop was healed from a speech impediment by a deity. Others have contended that he often escaped punishment by confronting accusers with a tale depicting the irony of their characteristics or allegations. Other scholars have questioned his existence, which simply cannot be confirmed or conclusively denied.

Regardless, Aesop's 600-some fables have endured through the centuries as countless and unfathomable numbers of people passed them on from generation

to generation – through traditional oral storytelling, in anthologies or beautifully illustrated books, and with technology.

### The Ant & the Dove

An ant was drinking water from a brook when a wave rolled onto the bank and carried the insect away. A dove, perched on the branch of a nearby tree, watched as the ant struggled in vain. Finally, the dove tossed a blade of straw into the brook, close to the ant. Clinging to the straw like a shipwrecked sailor to a broken spar, the ant floated safely to shore. The ant vowed to repay the bird's kindness.

Just a few days later, the ant watched as a bird catcher set a trap to capture the dove. The ant crept toward the bird catcher, climbed up his boot to the top of his stocking, and delivered a stout sting. The man yelled, and the startled dove



flew off to a place of safety.

Indeed, kindness is never wasted.

### Suggested sources:

- Visit the High Plains Library District! <http://read.gov/aesop/028.html>
- [http://www.ancient-literature.com/greece\\_aesop.html](http://www.ancient-literature.com/greece_aesop.html)
- <http://www.lowvilleacademy.org/webpages/MBlow/fables.cfm?subpage=939959>
- <http://abralite.concordia.ca/pd/en/story6.pdf>

### Aging OUT LOUD

Judy writes, "When is the last time you played an instrument? I recently started taking piano lessons. It truly lifts my soul."

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

#### mon 10/1

Chicken Breast on a Wheat Bun with Lettuce, Tomato, Onion, and Mayonnaise, Sugar Snap Peas with Red Peppers, Roasted Red Potatoes, Mango Crisp, Milk 1%

#### tues 10/2

Beef Tips over Mashed Potatoes, Peas and Water Chestnuts, Spinach/Garbanzo Salad, Raspberry Vinaigrette, Apple-Banana-Grapes, Milk 1%

#### wed 10/3

Krautburger, Parsley Buttered New Potatoes, Spicy Mustard, California Blend Vegetables, Orange Slices, Fig Bar, Milk 1%

#### thurs 10/4

Split Pea Soup, Wheat Crackers, Tuna Salad Sandwich on Wheat Bread, Lettuce and Tomato, Aztec Black Bean Salad, Carrot Cake with Cream Cheese Icing, Milk 1%

#### fri 10/5

Chicken Pot Pie with Wheat Biscuit, Spinach/Strawberry Poppy Seed Salad, Pineapple Tidbits and Mandarin Oranges, Nut Cup, Milk 1%

### Did you know...

Sugar snap peas are a great source of B-vitamins and folic acid. This helps break down protein, carbohydrates, and fat into energy. They also aid nerve function and promote red blood cell production.