

B E Y O N D 6 0

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



FEBRUARY 2019

Activities Calendar

feb 4

French Legion of Honor Ceremony. This medal is the American equivalent of the Medal of Honor. The Consulate General from the LA French Consulate will conduct this special ceremony at 2:00 pm at the Good Samaritan Society-Water Valley in Windsor. There are 6 World War II veterans from across the front range that will be honored with this prestigious award. Come show your support!

feb 7

Heart Felt Art Experience. Join Sheryl Rydgren and Colette Pitcher as they teach you how to creatively honor your lost loved one. Showcase Art Center, 1335 8th Ave., Greeley from 2:00-4:00 pm. \$20 includes supplies and food, call Cherry at 970-353-1212 to RSVP.

February Support Groups:

Alzheimer's Caregivers Support Groups
Caregivers: 2nd & 4th
Tuesday at 9:30 am:
Westview Church of Christ,
4151 W 20th St., Greeley

Younger Caregivers: 2nd
Wednesday at 6:00 pm:
Family Fun Plex, 1501
65th Ave., Greeley

Caregivers: 3rd Tuesday at
10:00 am: Free Evangelical
Church, 1325 3rd St., Eaton

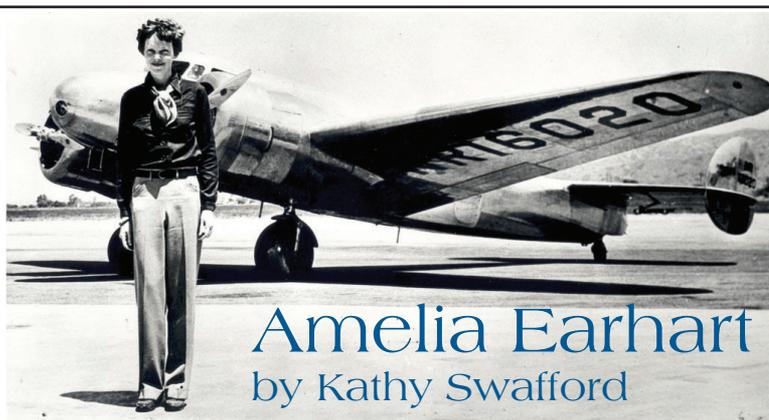
Adult Children: 3rd Tuesday
at 6:00 pm: Alzheimer's
Association 918 13th
St., Ste. 1, Greeley

Women's Caregivers: 3rd
Thursday at 10:30 am:
Alzheimer's Association 918
13th St., Ste. 1, Greeley

Parkinson's Support Group
Greeley 4th Thursday
10:00 am: FMS Bank,
2425 35th Ave., Greeley

Community Grief Center
Understanding Grief class:
Learn about the grief process
and receive support through
a series of seminars. First
Tuesday of each month at
6:30 pm 2105 Clubhouse Dr.,
Greeley. No charge (970) 506-4114
for more information.

Men's Bereavement Group
2nd Thursday at 10:00 am:
sponsored by TRU Hospice
of Northern Colorado 2726
W 11th St. Rd., Greeley.
No fee (970) 352-8487
for more information.



Amelia Earhart
by Kathy Swafford

The name Amelia Earhart is familiar to most people, most notably for her mysterious disappearance over the Pacific Ocean in 1937 while attempting an around-the-world flight. But the story of her life and accomplishments is both interesting and inspiring.

Attracted to daring exploits even as a child and intrigued by wounded aviators' stories as a nurse's aide in WWI, Amelia was determined to learn to fly. She worked as a file clerk to pay for flying lessons, received her pilot's license in 1922, bought a second-hand, bright yellow, two-seater biplane, and promptly set the women's altitude record of 14,000 feet.

In 1927, Charles Lindbergh became the first person to fly solo across the Atlantic Ocean. A year later, Amelia accompanied two male pilots and received much publicity as the first woman to cross the Atlantic by plane. Due to bad weather, the flight was made entirely on instruments unfamiliar to Amelia, so she never actually piloted the plane.

Yearning to prove her piloting skills, Amelia planned a solo flight across the Atlantic. In 1932, five years after Lindbergh's famous flight, she took off from Newfoundland in a single engine plane. She battled strong north winds, icy conditions, and mechanical problems

to finally land in Wales 14 hours later. As the first woman and second person to fly solo across the Atlantic Ocean, Amelia was awarded the Distinguished Flying Cross (first ever to a woman) by Congress, and a gold medal from the National Geographic society.

Amelia became the first woman to make a solo non-stop transcontinental flight, and a year later improved her time to 17 hours, two hours faster. She became the first person of any gender to fly solo across the Pacific Ocean from Honolulu to California in 1935. Ten pilots had died in previous attempts.

In 1935, Amelia, technical adviser for Purdue University's Aeronautics Department, mentioned her dreams of a "flying laboratory" to prominent university supporters, who donated \$80,000 to build the plane used in her final flight attempt around the world.

We salute Amelia's courage, vision, and groundbreaking achievements in aviation and for women. See a statue of Amelia Earhart and displays honoring female aviators at the Spirit of Flight Center at the Erie airport.

Sources: www.ameliaearhart.com; www.u-s-history.com; www.nine-ty-nines.org



By Dick Williamson

The American Professional Football Association was founded in 1920, and in 1922 changed its name to the National Football League (NFL). Today's NFL has only two teams from the original ten - the Decatur Staleys (now the Chicago Bears) and the Chicago Cardinals (now the Arizona Cardinals).

Over the years there were several attempts to form a rival football league but all failed until 1959 when the upstart American Football League was created and began play in 1960. Like their predecessors, they struggled until 1965 when they signed a contract with

ABC Television giving them national exposure. The new league consisted of the New York Titans (now Jets), Boston Patriots, Buffalo Bills, Houston Oilers (now Tennessee Titans), Los Angeles Chargers, Denver Broncos, Oakland Raiders, and Dallas Texans (now Kansas City Chiefs).

Following the 1966 season the NFL grudgingly agreed to an "AFL-NFL World Championship Game," pitting the NFL champion against the (inferior) AFL champion. The NFL Green Bay Packers won the first two of these "championship" games, defeating the Kansas City Chiefs in 1967 and the Oakland Raiders in 1968.

During these championship games,

children's verse book, *When We Were Very Young* (1924), and many more verses in *Now We Are Six* (1927).

The character Winnie-the-Pooh was named after a teddy bear owned by Milne's son, for whom the character Christopher Robin was named. Christopher Milne had named his toy bear after "Winnie," a Canadian black bear he saw at London Zoo, and "Pooh," a swan they had met while on holiday. In the books Pooh is naïve and slow-witted but also friendly, thoughtful and steadfast. He is also shown as a talented poet, fond of food such as "hunney," and very social.

The stories are set in Ashdown Forest, East Sussex, England with many locations associated with real places there. Many pictures depicted in E. H. Shepard's illustrations for the books were directly inspired by the distinctive landscape there.



Winnie the Pooh

If you hear the name "Winnie-the-Pooh" does it bring back happy memories? The history of this character is fascinating. Winnie-the-Pooh, also called "Pooh Bear," is a fictional teddy bear created by English author A.A. Milne, starting with a 1926 collection of stories in a book called *Winnie-the-Pooh*. This was translated into many languages and included the books, *The House at Pooh Corner* (1928), a

TV announcers casually referred to the game as the "super bowl." The name sounded right and felt right, and the 1969 game was officially named Super Bowl III. The 1967 and 1968 games were retroactively named Super Bowls I and II.

Super Bowl III was a game changer. Joe Namath, quarterback of the (inferior) New York Jets, boldly predicted his team would defeat the highly favored Baltimore Colts. The Jets shocked the football world, winning 16-7. The AFC had proven its right to exist and the two leagues merged in 1970, becoming the American and National Conferences of the NFL. The Super Bowl continued as the matchup of the two conference champions. Over the years conference parity is illustrated as the NFL-NFC has won 27 Super Bowls while the AFL-AFC has won 25.

This year's Super Bowl LIII features NFC champs, the LA Rams, vs AFC champs, the New England Patriots, on February 3. It again promises to entertain over 100 million viewers, making it likely the most watched TV event of the year.

Not only have the books flourished and survived the test of time but there have been videos, soft toys, theater productions, and records and various recordings. In 2005, the merchandising products alone generated \$6 billion. Disney has owned rights for various animated productions, including not only Winnie-the-Pooh but Tigger, Piglet, and Heffalump.

In 2002, Forbes magazine ranked Pooh the most valuable fictional character. In 2006, marking the 80th birthday of Milne's creation, Pooh received a star on the Hollywood Walk of Fame. A 2011 poll saw Winnie the Pooh voted onto the list of icons of England. And as recently as 2016 a book was published celebrating the 90th birthdays of the Queen and the lovable bear.

Just for fun, ask your grandchildren if they know Winnie-the-Pooh, and enjoy the memories!

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.

Mondays 2/4/19 to 3/25/19 from 9:00-11:00 am: North Colorado Medical Center, Greeley

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 2/4
Country Fried Steak with Gravy, Oven Browned Potatoes, Asparagus and Baby Carrots, Spiced Peaches, Buttermilk Biscuit, Butter, Milk 1%

tues 2/5
Chicken Parmesan, Penne Pasta with Marinara, Italian Vegetables, Breadstick, Tapioca Pudding, Milk 1%

wed 2/6
Roast Beef and Gravy, Mashed Potatoes and Gravy, Peas, Tomato-Cucumber-Mint Salad, Morning Glory Muffin, Butter, Milk 1%

thurs 2/7
Beef Burgundy, O'Brien Potatoes, Brussel Sprouts with Vinegar, Rye Roll, Butter, Milk 1%

fri 2/8
Chicken Torta Sandwich, Spanish Brown Rice, Refried Beans, Orange Wedges, Milk 1%

Did you know?
The skin of a kiwi is perfectly edible and is loaded with fiber and vitamin C.

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.