

# BEYOND 60

## ACTIVE LIVING



FEBRUARY 2019

### Activities Calendar

feb 12

**WCSPERA Luncheon.**  
Open to any retired person who received PERA pension benefits. Entertainment includes Jefferson HS Habitat for Humanity Project. Enjoy lunch for only \$15 at Trinity Episcopal Church, 3800 20th St., Greeley at 11:45am. Call Eve at 970-506-9838 to RSVP.

feb 16

**Walk with a Doc. A walking program for everyone interested in taking steps towards a healthier lifestyle. While you walk at your own pace you'll have the opportunity to have questions answered by local physicians. Greeley Mall-Meet inside the South East Doors. 8 am.**

feb 18

**Medicare 101. This is an overview of Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug plans, preventive services and how Medicare works with employer health insurance. Call UHealth Aspen Club at 970-313-2796 for a reservation. No charge. 2:30-4 pm. GMC, Lower Level Conference Room.**

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.



## The French Chef

Bill Crabbe

While there have been many French chefs over time, to those of us over a certain age there will always only be one. And she wasn't even French. Somehow, I suspect that annoys some of the thousands of chefs who have developed one of the most influential cuisines throughout human history. But such is the power of television.

When the French Chef debuted on US television in 1963, the public television audience was introduced to Julia Child. Ms. Child had attended the famous French Cordon Bleu school and studied with master chefs. She had already

published a book of the same name as her show, with the intention of introducing French cuisine to an American audience, but that book hadn't reached Betty Crocker or Fannie Farmer status in American minds. That was to change. While no one questioned her credentials, a lot of her show's initial success had to do with her rather eccentric approach to the kitchen. Those of us who like to cook suddenly found ourselves watching a lady whose 6 foot 2-inch stature seemed slightly out of the box for the times, and who spoke in a voice that sounded like she had figured out how to make a mouthful of marbles

resonate in a high octave. But the lady could really cook. And she did so in a way that was both engaging and fascinating, on multiple levels.

There was something freeing about watching Ms. Child assert her complete mastery of her kitchen. And then there was the advice. She said, "The best way to execute French cooking is to get good and loaded and whack the hell out of a chicken." Amen. Nor did she believe in hiding mistakes, commenting, "If I drop the lamb on the floor, I pick it up. Who's to know?" She also opined, "I think every woman should have a blowtorch." That gives one pause. And she seemed to thoroughly understand the subtleties of wine pairing. In one apocryphal episode she had some wine left over from the dish. She not-so-subtly turned from the camera and knocked it down straight from the bottle. Her line when she turned back, "It's your kitchen." And there was no question - hers, was hers.

The French Chef ran on PBS for 10 years, winning numerous awards along the way. There were other shows, and a whole lot more acclaim, before Julia Child passed on in 2004. While many felt the sense of loss, I suspect a lot of chickens breathed a sigh of relief.

## Love the Library

By Eileen Smith

My parents were big proponents of reading and learning new vocabulary. Although I honestly do not remember going to the library as a child, I have no doubt that I did. The one thing that does come to mind is the card catalog system - those three by five cards that you had to let your fingers walk through and that used the good old Dewey Decimal System. I remember the reference section that included the books and magazines that you had to use in the library. And I also remember using the microfiche machines.

How times have changed. Libraries offer so many different services now. February 14th is Library Lovers Day. So if you find yourself without a special someone, check out your local library-either in

person or if you prefer, you can do it from the comfort of your home.

High Plains Library is our local resource. I uncovered some interesting things while researching this article. While they offer the obvious resources, there are some things that I had no idea were available. They have numerous electronic services such as ebooks and emagazines, in addition to being able to stream movies and music! They also have available a variety of special checkouts. Did you know that in addition to allowing you to check out things like laptops and projectors, you can also borrow a telescope? Or a state park pass backpack that includes a pass, guide to our state parks, activity ideas and guides to wildflowers and wildlife. You can also get a power meter that you can attach to your



home appliances to learn about their energy usage! And if you are in a book club and can't pick a book, they have Book Club bags. And of course, they also have programs for children of all ages, families and adults that are both fun and educational.

So, if you want more information, you can find it online, or you can go in person. And if you want to keep up on everything they offer, you can sign up for their newsletter!

## NO-BAKE ENERGY BITES

Courtesy of Gimme Some Oven • by Holly Darby

Ingredients

- 1 c. dry old fashioned oats, coarsely chopped (just run the knife over it a few times, doesn't need to be perfect)
- 1/3 c. honey or agave nectar
- 1/2 c. peanut butter
- 1/2 c. chocolate chips, semisweet
- 1 tsp vanilla extract
- 1 tbsp chia seeds (optional, never had on hand to try)
- 2/3 c. coconut flakes, toasted (watch closely - I usually burn the first batch and have to do it again)
- 1/2 c. flax seeds, ground or meal



Throw it all into a bowl and mix well; use your hands and have fun. Once it is all mixed, it will be sticky! Pop it into the fridge for a good 15-20 minutes and let it harden up. Then you can shape it into whatever you want: energy balls (about 1 inch or so), press into a pan then cut into bars, use your favorite cookie cutter, etc. Store in an air tight container in the refrigerator and enjoy.

What I love about this recipe is it's super flexible. Swap out ingredients if you'd like. I usually add walnuts or pecans - whatever is on hand. Try different nut butters or a different sweetener. The other thing I love about this recipe is the measurements can be estimated. If it's too dry, add the sticky parts; if it's too gooey, add more dry ingredients. An all-around great snack!

### SENIOR HEALTH & Fitness

#### Healthier Living Diabetes:

Become a better self-manager of your diabetes by learning to apply the knowledge you already know such as reading nutrition labels and healthy eating, preventing low blood sugar, developing an exercise program, and setting achievable goals. Workshop meets once a week for 6 weeks. FREE for people 60 and older, but registration required by calling 970-400-6117.

Fridays, 3/1/19 to 4/5/19 from 9:00 - 11:30 am: Evans Community Complex, Evans

#### Stress Busting Workshop:

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

Wednesdays 3/20/19 to 5/15/19 from 9:00- 10:30 am: Cornerstone Church (Greeley)

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

**mon 2/18**  
President Day - No Meal

**tues 2/19**  
White Chicken Chili, Wheat Crackers, Colorado Broccoli Salad, Cinnamon Roll, Butter, Apricot Halves, Milk 1%

**wed 2/20**  
Spaghetti and Meatballs, French Cut Green Beans, Dill Roll, Butter, Pineapple-Grapes, Nut Cup, Milk 1%

**thurs 2/21**  
Tilapia, Tartar Sauce, Lemon Wedge, Coleslaw, Beans and Rice, Corn Muffin, Honey, Butter, Pear Half, Milk 1%

**fri 2/22**  
Chicken Pesto Wrap, Spinach and Garbanzo Salad, Hot Cinnamon Apples, Crunchy Fruit Snack, Milk 1%

#### Did you know?

Basil is rich source of vitamins A, B6, C and K and minerals such as iron, manganese and magnesium.