

BEYOND 60

ACTIVE LIVING



MAY 2019

Activities Calendar

may 4

Hall of Fame Celebration at the Greeley Country Club (4500 W. 10th St.) Help the Greeley/Weld Senior Foundation recognize 3 outstanding volunteers of Weld County be inducted into the 2019 Hall of Fame. Come dressed in your best Derby attire and enjoy breakfast, dancing, and photo booth. Tickets are \$5 each, to reserve your seat call Alex at 303-833-3660 x 117 or email acox@cvprd.com. Celebration starts at 10 am.

may 6

Ice Cream Social at the Greeley Active Adult Center (1010 6th ST). Enjoy a delicious treat and celebrate National Older American's Month. All ages are welcome. Ice cream will be served from 1 - 2 pm. No charge.

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 5/6/19 to 6/24/19 from 9:00-11:00 am: North Colorado Medical Center, Greeley

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.

Laughter is Good for you

By LeAnne Bodine

We all enjoy a good laugh. It is like a breath of fresh air in our routines.

So get out there and immerse yourself in humor. Notice what is funny around you; change your perspective of how you look at things. Then surround yourself with funny people. Laughter makes you feel good. Smile in front of the mirror each day. Try to practice telling funny stories or jokes. Watch timing and delivery. Always be looking for humor in life's situations.

But don't overdo. Sprinkle humor like fairy dust. One very important thing to remember about humor is not to make fun of people for things they cannot change. Engaging in this sort of humor only brings negativity and hurt feelings. Lastly, learn to laugh at yourself. No one is perfect and you are no exception. So learn to accept your flaws and move on.

And remember aging is just a fact of life. While most people fret with each passing birthday, good-humored individuals take it all in stride. Those "over the hill" cards? The jokes about looking older? Child's play -- and that light-hearted attitude may help you live longer. Research suggests that a sense of humor increases longevity into

retirement. Bring it on, birthdays. (Article written by Lindsey Holmes 8/29/14)

According to Peter McGraw, Ph.D., an associate professor at University of Colorado Boulder who studies emotions, humor can benefit us physically and emotionally. "[W]hen done well, humor can have a significant positive effect on your life," he wrote for Psychology Today. "By developing a better understanding of humor we believe we can then suggest ways that people can live better lives."

We all like to be around the kind of person who has a positive attitude and a good sense of humor. They lift us up with their positivity and ability to laugh and make us laugh. You can be

that kind of person too, now that you know just how important keeping a sense of humor is to you and those around you. The world is a better place because you are in it and you can help to lift others along the way by having a good laugh with them.



By Bill Crabbe

There isn't actually an official National Day of Reason, although it exists in some states. The day may not officially exist, but the controversy around its proposal does. In a nutshell, some folks felt that the National Day of Prayer could benefit from having a counterbalancing force. So those with more secular and humanist affinities have been trying to get Congress to officially recognize the same first Thursday of May as

the National Day of Reason. It's gotten some traction, but has not yet quite arrived.

All controversy aside, reason is one of those things that has a pretty rich history. Some would argue that it is the main thing separating us from other animals. But to those folks I would say two things. You must not have interacted with many animals. And you must not have interacted with many humans.

Reason is something we all like to champion, right up to the

point where we have to do it in an area where we hold strong beliefs. At that point, reason tends to lose its appeal.

But what exactly is reason? I would argue that it comes down to a few things. First, it is the ability to think abstractly about something. By that I mean engaging in some form of reflection or analysis, or anything beyond simply experiencing. Second, I would argue that it is the ability to move from premises to conclusions through an organized series of consistent thoughts. Sounds easy enough, until you try it.

We live in interesting times. Many days it seems like reasons are a whole lot less important than beliefs. We want to believe. And we want to believe strongly. If reasoning takes us in a direction that undermines that belief, well, it's easy enough to jettison reason as an overrated approach. And the

dangers of doing so have yet to be fully determined.

In the end, I find it interesting that some feel we need a Day of Reason. It seems to me that reason is something that is useful every day. At least that's how it seems to me when I try to think about it rationally.

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 5/6

Beef Enchilada Casserole, Lettuce, Tomato, Spanish Rice, Mexicorn, Vanilla Pudding, Milk 1%

tues 5/7

Turkey Cobb Salad, Grilled Asparagus-Carrots, Cranberry-Orange Muffin, Butter, Honeydew Melon and Blueberries, Milk 1%

wed 5/8

Cornflake Baked Chicken, Gravy, Macaroni and Cheese, Broccoli, Apple Crisp, Milk 1%

thurs 5/9

Potato Soup, Dill Chicken Salad with Grapes, Pumpkin Roll, Butter, Whole Kiwi, Milk 1%

fri 5/10

Country Fried Steak with Gravy, Mashed Potatoes, Gravy, Strawberry-Spinach Salad with Balsamic Vinaigrette, Mandarin Oranges, Milk 1%

Did you know?

Kraft Mac and Cheese sells about 1 million boxes per day!

10th Annual Film Festival

The Weld County Area Agency on Aging will host its 10th annual film festival in recognition of Older American's Month for May. We are happy to announce that we will again be showing the films on two days. This year's short films, that honor the joys, challenges, and opportunities facing later life, will be shown Tuesday, May 21 and Wednesday, May 22, 2019, at the Kress Theatre, 817 8th Avenue, Greeley.

Both days will be identical, however the morning and afternoon sessions will show different films, so guests are welcome to attend one or both sessions for an enjoyable viewing experience without duplication of films. The morning session will run

from 10:30 am through 12:30 pm, and the afternoon session will run from 2:00 pm to 4:00 pm. A short discussion will follow each session. Doors open at 10:00 am and light refreshments will be provided in the lounge.

The Academy of Motion Picture Arts and Sciences defines short film as an original motion picture that has a running time of 40 minutes or less. Film is one of the most efficient, entertaining and engaging ways to highlight and explore cultural issues, including aging. The viewing selection panel takes considerable time in selecting films that reflect meaningful, life-enriching stories of seniors in a variety of ways, including humor,

documentary, and even animation. Don't miss the chance to see these films; they are sure to keep you talking!

This day-long film celebration is a free event and is always well attended.

People who wish to attend are asked to make reservations by calling (970) 400-6950 for complimentary tickets.

Hope to see you at the movies!

