



SENIOR *life* R



JANUARY 2018

Activities Calendar

jan 2 - 30

Chess Class at the Greeley Senior Center. Welcome intermediate and advanced chess players. U.S. Candid Mater, Brad Lundstrom, provides chess lessons for all levels. 10-11 am on Tuesdays. Member fee \$15, Non-Member Fee is \$20. Call for more information 970-350-9440.

jan 3

Senior Car Lovers Unite at the Greeley Senior Center. Meet at 9 am to discuss cars and a variety of other topics. New members always welcome. Non-Senior Center Member Fee is \$3.

jan 5 - mar 9

Sketch and Paint Class at the Greeley Senior Center. This 10-week class is a fun and easy way to learn how to draw and paint or improve your skills. Students will need to bring their own supplies. Fridays from 9 - 11 am, member fee is \$40, non-member is \$45. Call the Center to sign up 970-350-9440.

jan 6

Winter Farmers' Market. This season features hardy root crops, winter squash, greenhouse-grown produce, locally raised meat, fresh bread, coffee, honey, savory spices, and more. The winter market is held indoors at Zoe's Café, 715 10th St., Greeley from 9:00-12:00 pm.

jan 10 - feb 28

Family History Research at the Greeley Senior Center. Explore the lives of your ancestors with this 8-week class designed to hop you start a fascinating journey through your family history. Participants must have email and be able to navigate the internet. Wednesdays at 9:30 am. Members \$5 and Non-members \$10. Call the Center to sign up 970-350-9440.

SENIOR *Life*

Gratitude

Christmas Thoughts

How many observe Christ's birthday! How few, his precepts! Oh, 'tis easier to keep holidays than commandments.

Benjamin Franklin

Somehow, not only for Christmas, but all the long year through, the joy that you give to others, is the joy that comes back to you.

John Greenleaf Whittier

The giving of gifts is not something man invented. God started the giving spree when he gave the unspeakable gift of His Son.

Robert Flatt

America's Primary Christmas Traditions

How, When or Where Did They Start?

by Dr. Ken Humphrey



The Christmas Tree: Also sometimes called "Christ's Tree," it was originally a German custom, a pagan belief that evergreens brought into the home provided good luck. Martin Luther was credited with the idea of the first indoor Christmas tree decorated with lighted candles, emulating with lighted candles representing stars shining through an outdoor evergreen tree that he had seen in a forest on a clear, crisp night.

Gift-Giving: One of the most important of our Christmas traditions represents the custom

begun by the Magi, the three wise men who brought valuable gifts to the Christ Child for his birth day. Many of today's Christians believe, that God's gift of His Son Jesus is the greatest gift of all.

Holly: Before holly became a Christmas green, it was used to decorate homes during the winter months, bringing cheer to winter's bleakness. Later it became the symbol of Christ's life: white flowers for purity and lack of sin, red berries for his redemptive blood, prickly leaves for his crown of thorns, and the bitter bark for his suffering on the cross.

Family Gatherings: Aside from gift-giving, simply spending more time with our families is perhaps the tradition that's most central to our Christmas celebrations. It's a time set aside from our work-a-day lives to spend quality time with the people we love the most, the people we currently, or in recent or even the long-ago past, have shared a home.

Santa Claus: Father Christmas, Sinterklaas, St. Nicholas, Kris Kringle, or Santa Claus are all closely related---entwined and interwoven down through the

years. They bring presents to children either on December 6, St. Nicholas Day, or on December 25, Christmas Day. The current modern image of the jolly character in a red suit trimmed with white fur demonstrates his love for children and gift-giving---meaning Santa Claus is an integral part of the spirit of Christmas.

Xmas: X in the Greek alphabet stands for Christ; therefore, Xmas is an abbreviated way to write Christmas.

America's Traditions: Most of our holiday traditions came to America with the English, who had been influenced by the Germans. Many traditions had originated with the Romans and Ancient Greeks, and were passed down or adopted by pagan celebrations associated with the winter solstice; those traditions and beliefs we enjoy today were easily adapted from those ancient celebrations.

Resources:
<http://holiday.zkdigital.com>
<http://ancienthistory.com>

5 Ways Seniors Can Stay Active During the Winter



You want to be healthy, but find it hard to be active during the winter months. Dropping temperatures don't mean you have to drop your normal health and fitness routine. Here are five tips every senior can use to stay active in the winter.

Join a Gym

If you don't already belong to a gym, this can be a great way to stay active and warm at the same time. Most gyms offer classes for all different ages and fitness goals. Gyms

also add a social element to health and fitness, which typically makes it easier to want to go. While gyms are a great way to stay active, be sure to speak with your doctor first to see if this is a good option for you.

Take Advantage of Community Classes

Gyms aren't the only places that offer health and fitness classes for seniors. Check your local community center or senior center to see if they offer regular classes. Sometimes these classes are even free. Another advantage of community or senior center classes is that they tend to focus on incorporating health and wellness in day-to-day activities, making it easier to maintain good health.

Try Home Workouts

Winter temperatures might leave you feeling like sticking to the comforts of home, and that's okay! There are plenty of ways to stay fit and active at home. Take periodic walks around the house or try an exercise video. The options are endless for staying active while staying at home.

Modify Your Outdoor Activities

You may still be able to participate in the outdoor activities you enjoy with slight modifications. Do you like to jog or walk outdoors? You still can by bundling up in warmer layers and staying clear of walking surfaces that are icy or wet.

Keep Doing Activities You Enjoy

Perhaps the most important thing to remember is to keep doing activities you enjoy. Nothing makes exercising easier than enjoying yourself! If you enjoy walking, keep walking. If you enjoy playing with your grandchildren, incorporate this into your workout routine.

Source: whittierhospital.com

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 1/1

No Meals

tues 1/2

No Meals

wed 1/3

BBQ Pork on Wheat Bun, Browned Potato, Southwest Coleslaw, Apricot Halves with Raspberries, Milk 1%

thurs 1/4

Herb Baked Chicken Breast, Roasted Sweet Potato, Green Beans with Red Peppers, Fruity Nut Granola Bar, Banana, Milk 1%

fri 1/5

Beef Stew, Spinach Garbanzo Salad, with Ranch Dressing, Orange-Apple-Banana Fruit Salad, Wheat Roll, Butter, Milk 1%

Did you know?

In Japan, they eat Soba noodles for good luck the rest of the year. They signify long life, but only if you eat them without breaking or chewing them. Slurp in one piece for a good long life, or at least, a very tasty meal.

Senior Life 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.

Conversation Starters by Dr. George Conger

Pretend I am the Answer Man. Can you tell me the answers to these simple questions? Maybe this will help us get to know each other a bit better.

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. There is a clerk at the butcher shop, he is five feet ten inches tall and he wears size 13 sneakers. What does he weigh?
3. Before Mt. Everest was discovered, what was the highest mountain in the world?
4. How much dirt is there in a hole that measures two feet by three feet by four feet?
5. What word in the English Language is always spelled incorrectly?
6. Billy was born on December 28th, yet his birth-

day is always in the summer. How is this possible?

7. In California, you cannot take a picture of a man with a wooden leg. Why not?
8. What was the President's Name in 1975?
9. If you were running a race, and you passed the person in 2nd place, what place would you be in now?
10. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?



Here are the Answers: (No peeking!)

1. Johnny, of course.
2. Meat.
3. Mt. Everest; it just wasn't discovered yet. [You're not very good at this are you?]
4. None. There is no dirt in a hole.
5. Incorrectly
6. Billy lives in the Southern Hemisphere.

7. You can't take pictures with a wooden leg. You need a camera to take pictures.
8. Same as is it now - Donald Trump.
9. You would be in 2nd. Well, you passed the person in second place, not first.
10. Neither, the yolk of the egg is yellow.