



November/December 2017 Newsletter

Active Adult Fitness Classes

Water Aerobics

M-F 8:00-9:00 am
M & W 6:00-7:00 pm

Low Impact Water

M-F 9:00-10:00 am

Gentle Yoga

M & W 11:00 am-12:15 pm

SilverSneakers Classic

Monday 1:30-2:30 pm
Tuesday 9:00-10:00 am

Zumba Gold

M & W 4:15-5:15 pm

Yoga

Monday 5:30-6:30 pm
T & F 9:15-10:15 am
Thursday 6:45-8:00 pm
Saturday 10:00-11:15 am
Sunday 9:30-10:30 am

BOOM Muscle/Mind

Tuesday 1:30-2:30 pm

Nia

T & Th 4:15-5:15 pm
Sunday 10:45-11:45am

Barre Fusion

Tuesday 6:45-7:45 pm
Saturday 8:30-9:30 am

SilverSneakers Circuit

Wednesday 1:30-2:30 pm
Thursday 8:45-9:45 am

Dance Fitness

Wednesday 9:00-10:00 am

Pilates

Thursday 10:30-11:30 am

Gentle Movement

Friday 9:00-10:00 am

Meet Lynn Millane, Our Active Adults Newest Addition

Hello my name is Lynn Millane. I've been working at the community center for several months, and come to you by way of Longmont, Minnesota, and Michigan. I grew up in Michigan's beautiful Upper Peninsula, which makes me a "Yooper", which means a native to that area. I lived 20 miles from Lake Superior where my childhood was spent maximizing my time on the local ski hill, and where Tuesday, Thursday, and Saturday nights were spent at my grandparent's farm taking saunas and eating spaghetti dinners with all my cousins. My dad was the oldest of 13, so spaghetti went a long way in feeding aunts, uncles, 50 cousins and any strays!



When I was 3 1/2, my mom introduced me to downhill skiing. She did not ski herself, but knew she wanted my sisters and me to learn, and since it snowed 200+ inches a year in my home town there was never a lack of opportunity. I took to it right away, and did not hesitate to grab onto someone's leg to catch a ride up the T-bar and "bomb" straight down the hill, loving the exhilaration of going fast. From then on, I began skiing everyday and eventually raced through high school participating on my high school team and traveling on weekends to train with a ski team, which prepared me to ski across the Midwest, and also train at Mt. Hood, Oregon in the summer. I competed in slalom, giant slalom and downhill races, and was good enough to qualify for an invitation to compete in the Jr. Olympics. However, at this point in my life, my mom was concerned about the physical toll my body was taking, so I stopped competing (not without the heavy heart of a dream lost), and started to focus on my education. At 50+, I can now look back with thanks that I did not continue, still have a love of being on the hill, and will ski for as long as I can.

After earning my degree from Michigan Technological University in Scientific and Technical Communications, I moved to the Detroit area where I met my husband, Mark. We both worked for the same company, EDS (Electronic Data Systems), shared the same group of friends, and were married in January, 1992. We started a family in 1993. I became a stay-at-home mom, which has truly been the hardest job I have ever had! During this time, I went back to school to earn an Elementary Education teaching degree. When my son was in 3rd grade and my daughter in 1st, I began to teach. Now, almost 26 years later we have two beautiful adult children, I have retired from teaching wonderful kindergarteners, and my husband and I have a new house in Erie where we have enjoyed learning about our fun little town. We love to spend time with our friends, find new restaurants, golf, paddleboard, bike, travel, and of course ski! I am excited to be working with all of you, and look forward to playing a small part in your community.

For more information, contact
 Cindy Hickman, Active Adults Coordinator
 303.926.2795
 chickman@erieco.gov
 Lynn Millane, Active Adults Rec Attendant
 303.926.2793
 lmillane@erieco.gov
 Colleen Dame, Active Adults Rec Specialist
 303.926.2569
 cdame@erieco.gov

COLUMBINE LOUNGE

The Columbine Lounge is open Monday - Friday, 8:00 a.m. - 4:00 p.m. You are welcome to stop by for a cup of coffee, join others who are playing a variety of games, log on to one of our computers, read a book, or enjoy visiting with others. Participation in the lounge is free of charge to residents and non-residents. Did you know we have many board games available for your use? Also, we have a book and movie exchange. If you have a book or movie you would like to recycle, please leave it on the bookshelf in the Lounge for someone else's enjoyment.

DROP-IN ACTIVITIES

Join us in the Columbine Lounge (unless otherwise indicated) during these times when others will be participating in the following activities. These scheduled times are ongoing.

Mon & Fri	9:00 a.m.	Coffee Talk
Mon & Wed	1:00 p.m.	Hand and Foot Canasta
Tuesday	12:30 p.m.	Party Bridge
Wednesday	12:30 p.m.	Duplicate Bridge
Thursday	1:00 p.m.	Busy Fingers
1st & 3rd Fri	9:00 a.m.	Painting in Lehigh Room
Friday	1:00 p.m.	Drop-In Games

COMMUNITY RESOURCE PROGRAM

If you need information or assistance connecting to local resources for seniors (60+) and their families residing in Erie, please call 303.926.2795.

THURSDAY LUNCHES

Lunches are provided by The Friendly Fork: Weld County Senior Nutrition program every Thursday at 12:00 p.m. Join us for the social hour beginning at 11:00 a.m. **Reservations are required no later than Tuesday at 5:00 p.m. by calling 303.926.2793.**

\$4.00 - Suggested Donation for 60 +
\$12.00 - Fee for under 60

LUNCH ENTERTAINMENT

Entertainment is open to anyone, whether you eat lunch with us or not. Entertainment will not be scheduled for every lunch.

- November 2 Blood Pressure checks & talk on Veteran's Benefits
- November 9 Talk on Financial Security & Online use
- November 16 Less than Perfect; musical group
- November 30 Longmont Community Djembe Orchestra
- December 7 Primrose Academy singers

Hearing Assistance Available



This facility is *equipped* with a hearing assistance system. If you need hearing assistance, please ask for a receiver.

Trip Physical Activity Levels:

This is a generalization for trips.

Easy: Ability to board the bus, easy, mostly sitting

Light: Mostly sitting, with some walking

Moderate: Some walking, possible stairs

High: Lots of walking, stairs, elevation

Please contact the Active Adults Coordinator prior to registration for any questions regarding accessibility. Not all venues are accessible. For more information on day trip registration, accessibility, etiquette, cancellations and refunds see the trip brochure posted online or pick up a hard copy in the Columbine Lounge.

CASINO TRIPS

Mardi Gras Casino - Light

Sit back and relax as you are comfortably taken to the Mardi Gras Casino in a charter bus. The casino package includes \$10 food credit, \$5 free play on card, and free drinks while gambling. You must use your player card to earn points and receive package. You must be age 21 to enroll for these trips. Meals are on your own. Fee includes transportation. Registration deadline is two weeks prior to date.

Day	Date	Time	Activity #
Mon	Nov 27	8:30 a.m. - 4:30 p.m.	5360.201
Mon	Dec 18	8:30 a.m. - 4:30 p.m.	5360.301
Fee:	R \$5 / NR \$6		



SUPPER CLUB

Price Range for Restaurants

\$ = Inexpensive - Under \$10

\$\$ = Moderate - \$11-\$30

\$\$\$ = Pricey - \$31-\$60

\$\$\$\$ = Ultra High-End - Above \$61



Red Lobster, Longmont \$\$ - Easy

Before there was Red Lobster, there was Bill Darden, a man passionate about making delicious, high-quality seafood available and affordable to everyone, including people who lived far from the coast. Every day, their award-winning Today's Fresh Fish menu features seasonal selections that are flown in or sourced from nearby waters—never frozen. Fee includes transportation. Meal is on your own. Registration deadline is October 31.

Day	Date	Time	Activity #
Wed	Nov 15	4:30 - 7:30 p.m.	5382.101
Fee:	R \$9 / NR \$11		

William Oliver's Publick House \$\$ - Easy

Serving beer and spirits exclusively made in Colorado and whiskey from all over the world. Their menu is what you might call bacon-centric. They hand-cut thick slices of applewood smoked bacon and use it liberally. If you aren't a bacon-eater don't worry, they still have you covered. Fee includes transportation. Meal is on your own. Registration deadline is December 5.

Day	Date	Time	Activity #
Wed	Dec 20	4:30 - 7:30 p.m.	5383.101
Fee:	R \$9 / NR \$11		

EXTENDED TRAVEL

Flyers are available on all trips in the Columbine Lounge or for more information or to register for the trip, call 303.926.2795.

Discover Panama - February 23, 2018

Experience Rainforests, beaches and cities of Panama during this six night vacation, traveling from the Pacific Ocean through the locks of the Panama Canal to Gatun Lake and then the Gamboa rainforest. Take a step back in time and experience the lifestyle of the Emberas Tribe and visit ruins of Panama Vieja. Your trip will be filled with culture and relaxation.



Country Roads of Tuscany - March 13, 2018

Enjoy five nights in the Tuscan resort town of Montecatini where you will explore Lucca, Sienna, San Gimignano and Pisa to see the Leaning Tower. In Florence you will visit the Academy Gallery to see Michelangelo's David and other wonderful sights. The last two nights are in Rome where you will see the Colosseum, Circus Maximus, the Pantheon and St. Peter's Basilica in the Vatican City.

Great Trains & Grand Canyons - May 6, 2018

Spend five nights amongst the red rocks at a resort in beautiful Sedona, Arizona. You will enjoy a nostalgic train ride to the south rim of the Grand Canyon as well as a train ride on the Verde Canyon Railroad. Spend time exploring Sedona as well as visiting the old mining town of Jerome and Montezuma Castle National Monument.



The Best of Eastern Canada - June 12, 2018

From the European-styled, old world elegance of Quebec City to the thundering magnificence of Niagara Falls, you'll love every moment of this tour of Eastern Canada. Enjoy two-night stays in Montreal, Quebec City and Toronto, as well as an overnight stay in Ottawa and city tours of each of them. Board a boat to experience Niagara Falls up-close and cruise through the spectacular unspoiled 1000 Islands.

Trip presentation January 22, 11:30 a.m., in the Columbine Lounge. Call 303.926.2795 to register.

Islands of New England - August 3, 2018

The Islands of New England tour spends eight days exploring New England's charms, from the cobblestone streets of Nantucket to a step back in time at Plimoth. In Provincetown, the choice is yours – set out on a whale watch cruise or embark on a scenic adventure through the iconic sand dunes of the Cape. Visit Boston and Providence and the beautiful islands of Martha's Vineyard and Nantucket.

Trip presentation January 29, 11:30 a.m., in the Columbine Lounge. Call 303.926.2795 to register.



Oktoberfest - October 2, 2018

Munich’s Oktoberfest and a Cruise on the Danube River! Your trip starts with 2 nights in a Bavarian Village and a visit to Munich’s Oktoberfest before traveling to Passau Germany to board the MS Amadeus Queen, your 5 star floating hotel, for a 7 night cruise along the Danube River. Your cruise will take you to Regensburg, Melk Abbey, Durnstein, Bratislava, Vienna and Budapest.

Trip presentation February 12, 11:30 a.m., in the Columbine Lounge. Call 303.926.2795 to register.



Rose Parade New Year’s - December 30, 2018

Celebrate New Year’s day watching the Tournament of Roses Parade from your reserved grandstand seating. This trip will depart December 30 and return January 4 staying in Orange County California. Along with seeing the parade we will also see the floats up close at the showcase of floats and make visits to San Diego, Beverly Hills, San Juan Capistrano, Newport Beach and the Richard Nixon Library.

Trip presentation March 5, 11:30 a.m., in the Columbine Lounge. Call 303.926.2795 to register.



GENERAL INTEREST

Card Making

This class consists of several optional projects using mainly rubber stamping, but also incorporates other techniques to create cards. Card options include holiday, birthday, get well, hello, sympathy or blank. Please bring adhesive and scissors. Glue is provided. You must register one week in advance by emailing cards@steamanpress.com.

Registration limited to 12 spots. You pay the instructor the day of class.

Day	Date	Time	Location
Sat	Nov 11	10:00 am-12:00 pm	Columbine
Sat	Dec 2	10:00 am-12:00 pm	Columbine

Fee: \$2.50 per project

7 Safety Tips for Senior Travelers

You don’t have to stop traveling just because you’re getting older. If anything, it’s when you are older that travel means more; a lifetime of knowledge allows you to fully appreciate the new experiences you’re having. And, if not for travel, what did you work so hard for all those years?

Liz Dahl is the co-founder of Boomer Travel Patrol, a boomer-centric website featuring expert advice from a variety of writers. Steve Hanson is senior editor of Senior Travel Expert, which provides tips for seniors who like to travel independently.

Here is their advice, along with a few of our favorite tips from the AARP.

- 1. Get Insurance**
- 2. Don’t Advertise Your Absence at a Hotel**
- 3. Watch What You Eat**
- 4. Mind Your Meds**
- 5. Keep the Bling to a Minimum**
- 6. Keep Others in the Loop**
- 7. Stay Safe on Your Feet**

<https://www.smartertravel.com/2017/06/19/7-safety-tips-senior-travelers/>

FITNESS & WELLNESS

SilverSneakers

The Tivity SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Your SilverSneakers fitness membership includes: access to our basic amenities such as our heated pool, private locker rooms, indoor track, fitness equipment, racquetball courts, Columbine Lounge and SilverSneakers fitness classes. Your membership is available to you at no cost through your health plan.

SilverSneakers New Member Meeting

Meet your SilverSneakers Program AdvisorSM and learn about the many benefits of your SilverSneakers membership, Active Adult programs and the Erie Community Center in general.

Day	Date	Time	Activity #
Wed	Nov 8	10:00 - 11:00 a.m.	5340.301
Wed	Dec 13	10:00 - 11:00 a.m.	5340.401

Fee: FREE

SPECIAL EVENTS

Veteran's Day Celebration

The celebration begins with a catered meal sponsored by Chick-fil-A. The ceremony includes a flag ceremony, a choral performance by the Erie High School Choir, and guest speaker, Major Diggs Brown (ret). Registration deadline November 5. Past and current members of the military are welcomed to wear their uniforms. All ages welcome. This event is sponsored by Jeannie Hulse insurance & Financial Services and Chick-fil-A.

Day	Date	Time	Activity #
Fri	Nov 10	11:00 - 1:30 p.m.	5353.101

Fee: FREE



Thanksgiving Lunch

What a better way to enjoy the celebratory feast of Thanksgiving then to eat with friends at the Erie Community Center. A hot meal of ham with glaze, stuffing and gravy, sweet potatoes, salad, roll and dessert will be served. After lunch enjoy the musical sounds of the Heartlanders.

Registration deadline November 14. This event is sponsored by Homeowners Concerns, Miner's Tavern and Greeley Weld Senior Foundation.

Day	Date	Time	Activity #
Wed	Nov 22	1:00 - 2:30 p.m.	5354.101

Fee: FREE



TIPS FOR HOLIDAY EATING

- ◆ Rate all holiday foods from 1 to 10, ten being your favorite. Eat only your 8s, 9s and 10s, leaving out foods you do not rate highly.
- ◆ Portion control is vital, even if it is your absolute favorite food. Put a smart portion on your plate, eat it slowly and savor it.
- ◆ See your plate. When food is not piled on your plate, the design is visible and stops you from overeating.
- ◆ Take only the food you want, not what others think you should eat or "taste."
- ◆ Remove platters of food away from you, allowing you to sit comfortably and enjoy conversation with your guests.
- ◆ You should listen to your breathing. When you sigh or begin to breathe a little deeper, your body has had enough to eat.
- ◆ Plan some events around physical activities. Stop collecting calories and start burning them.
- ◆ Never cut back on regular eating the day after a holiday to compensate. This pattern always leads to overeating. Eat regularly each day between holidays and party days.

TRAINING COURSES for FAMILY CAREGIVERS

Boulder County Area Agency on Aging offers two training programs for family caregivers of older adults, each held three times per year.

Powerful Tools for Caregivers is a 15-hour course, held over six weeks, that gives family caregivers the “tools” to ensure they take care of themselves while caring for others. Taught by trained leaders, the course helps caregivers learn to reduce stress, improve self-confidence, communicate their feelings, and more.

National Caregiver Training Program is an 18-hour course, held over six weeks, that helps family caregivers acquire the skills needed to provide safe, confident home care for older loved ones. Taught by a nurse, the course provides detailed instruction, demonstration, and hands-on practice in a fun, no-pressure setting.

Both courses are open to Boulder County residents caring for a relative, partner, or friend who is 60 or over, or of any age if the person has dementia. There is no charge, but donations are appreciated. Financial assistance for respite care (substitute elder care) during class periods is available. For class dates and locations or to register, call 303.678.6116 or email InfoCaregiver@bouldercounty.org.



2018 CAREGIVING SYMPOSIUM



The 13th annual Caregiving Symposium, sponsored by Boulder County Area Agency on Aging (a division of Community Services), is Thursday, May 17, 2018, 8:30 a.m. to 4:00 p.m., at the Plaza Convention Center, 1850 Industrial Circle, in Longmont. This educational event for family caregivers of older adults—or for anyone interested in caregiving issues—features a large resource fair of local service providers, informative handouts, complimentary lunch, and 15 workshops on topics such as dementia care, caregiver self-care, legal issues, and more. Caregivers are welcome to come for the full day or for only part of the event.

General admission is free, but pre-registration is required in order to receive lunch. (Walk-in registration is permitted, but does not include lunch.) Call 303.678.6116 or email InfoCaregiver@bouldercounty.org for registration information. Financial assistance for respite care is available; call 303.678.6284 to learn more.

Blood Pressure Checks

Blood pressure checks are a free service offered by the Mountain View Fire Department. They are offered on the 1st Thursday of every month from 11:00 am – Noon. There is no need to make a reservation, just stop in the Briggs room for a free check.

Alzheimer's Association Caregiver Support Group

Build a support system with people who understand. This support group, conducted by trained facilitators, is a safe place for current or former caregivers, family, and friends of persons with dementia to exchange practical tips on caregiving, talk through issues, develop coping mechanisms, share feelings, and learn about community resources. Meetings held at the Erie Community Center on the 1st Thursday of every month at 4:00 p.m. To register or for more information, call 970.392.9202.

Loan Closet

If you are in need of non-medical equipment, such as a walker or shower stool, on a temporary basis, the Erie Rotary Club may be able to help. Call 303.926.2795, Monday -Friday, for more information.

Via Mobility

Via Mobility Services provides accessible on-demand transportation and mobility options information and referral for older adults, people with disabilities, and others living with mobility limitations. Via provides transportation in Erie, Louisville and Lafayette Monday - Friday, 7:30 a.m. to 5 p.m. Service is available in Boulder and Longmont upon request. Ride requests may be made up to seven days in advance by calling 303.447.9636.

Nutrition Counseling

Lorrie Wellman , the Registered Dietitian for the Friendly Fork, provides nutrition counseling at no cost. Lorrie makes one on one appointments for all those interested in discussing any issues, concerns, or questions regarding their nutrition and health. Please contact Lorrie at 970.346.6950 ext 6118 if you are interested.

Boulder County ADRC

ADRC stands for Aging and Disability Resources Center. You can look for resources on your own by visiting Boulder County ADRC or talk with an ADRC Counselor by calling 303.441.1617 or by visiting BoulderCountyHelp.Org. The resource you're looking for might be right at your fingertips!

Weld County ADRC

The Senior Information and Assistance (I&A) Program provides a single point of entry into the aging network and offers convenient access to information on services and benefits for older persons, their families and caregivers. For inquiries or assistance, please contact the Weld County AAA information and assistance line at 970.346.6952.

Coal Creek Meals on Wheels

We deliver high-quality, nutrient-dense meals every weekday to individuals limited in physical capacity due to illness, age and/or disability. Menus are created by our staff, who are conscious of the many health issues faced by the populations we serve. Daily meals are delivered by screened and trained volunteers, many of whom have worked with us for years. This service assists our clients in living independently and maintaining a quality of life that is better than they would otherwise experience. For more information, call 303.665.0566.

Erie Community Food Bank

635 Pierce Street

Erie, CO 80516

720.383.4865

ErieCommunityFoodBank@gmail.com

Hours:

Thursdays, 12:00-2:00 p.m.

Thursdays, 5:30-7:30 p.m.

2nd Saturday of each month, 8:00-11:00 a.m.