



**Active Adult Center News**  
**November 2020**



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## WELCOME TO THE ACTIVE ADULT CENTER NEWSLETTER!

### 2020 Advisory Committee

**Back Row:** Sheree Angus, Sherri Shovlin, Alecia Graves, Sueann Swetzig, Louise Holmes, Clarence Dye, Mike Ream, Barbara Bouse, Richard Stossel, **Front Row:** Lana Ryden, Karrie Grizzle, Meredith Skoglund, Nancy Culbreath, Rick Reeser, Maxine Obleski, Bonnie Satur, Annabelle Cook. **Not Pictured:** Ann Norman, Patti Walter, Suzanne Reed, Dianna Goodman

## Looking Ahead

### November 2

National Deviled Egg Day

### November 3

National Sandwich Day

### November 5

National Doughnut Day  
 National Love Your Red Hair Day

### November 10

National Vanilla Cupcake Day

### November 14

National Seat Belt Day

### November 16

National Button Day  
 National Fast Food Day

### November 27

National Buy Nothing Day  
 National Flossing Day



Greeley Active Adult Center  
 1010 6th Street  
 Greeley, CO 80631  
 970-350-9440

*Where Being Active is  
 Our Way of Life!*

**Currently the AAC is closed  
 due to COVID**

AAC assumes no responsibility for errors, omissions or misinformation in the advertisements, nor does the Center recommend, endorse or guarantee products or professional services rendered by the advertisers.

# Announcements

# STAFF UPDATES



Daylight Savings time ends  
Sunday, November 1

Pickleball is back at the Greeley Recreation Center  
**Open to All Ages**  
Pickleball times are:  
Monday & Thursday • 10-11:30am  
Friday • 2-3:30pm

Fee: \$6 per 90 minute session  
Greeley Recreation Members—Free  
SilverSneakers® Members—Free  
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Max-16 players per session  
Sign up online at [greeleyreccenter.com](http://greeleyreccenter.com) or call  
970-350-9440

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We appreciate all the calls and inquiries we've received over the last several months in regards to the AAC Staff.

We want you to know that Tiffany and Lorraine returned to work Sept. 3, 2020. Since the AAC remains closed due to COVID-19, they have been reassigned to help other facilities within the Recreation Division for the City of Greeley's Culture, Parks and Recreation Department.

Their new roles will expand their customer reach and areas of expertise. Feel free to contact them, as they would love to hear from you. Tiffany is serving as the Greeley Recreation Center Supervisor.  
Tiffany can be reached at: Office: 970-350-9436,  
[Tiffany.Skoglund@greeleygov.com](mailto:Tiffany.Skoglund@greeleygov.com)

Lorraine is now the Adaptive and Inclusive Coordinator and she is working closely with many of the Recreation Coordinators making sure all the programs that recreation offers are inclusive.  
Lorraine can be reached at: Office: 970-350-9421,  
[Lorene.Zamora@greeleygov.com](mailto:Lorene.Zamora@greeleygov.com)

Tiffany and Lorraine will return to the Active Adult Center once the facility is open in 2021.



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# Thanksgiving Word Search

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 Y R S R H A T E R R N S F A M I L Y I  
 E P C S T U M H E D U T I T A R G M N  
 K F A E U T T A A E P O T A T O E S N  
 R E R D O U M R H N K A O D B R U E E  
 U A V P M M A X E O K W E B L O I E R  
 T S E N Y N Y Z O S C S L K I P N M C  
 E T S A L H F C S R S E G C A O O R L  
 S G T C P T L O T Q B E I I B B A R E  
 L U U A F A O R S E N L D H V N U G F  
 H I F E O G W N I F E O S M B I R O T  
 A O F P O B E U N D E I V E E A N P O  
 R T I F T A R C O H W L R E T A U G V  
 V G N G B P Y O L O E R L E M M L E E  
 E R G R A P U P O L Y R F A P B T H R  
 S A L L L L W I C I A U T K F S E H S  
 T V C V L E K A T D L I I N A C I R B  
 E Y Y E M F V A J A E N S B C U D G F  
 A N M I R G L I P Y C E L E B R A T E

Word List:

- |            |           |              |           |
|------------|-----------|--------------|-----------|
| APPLE      | PIE       | AUTUMN       | BAKE      |
| BASTE      | CELEBRATE | THANKSGIVING | COOK      |
| CORNUCOPIA | CRANBERRY | CARVE        | COLONISTS |
| DESSERT    | DELICIOUS | DINNER       | FALL      |
| FAMILY     | FEAST     | FOOTBALL     | FRIENDS   |
| GOBBLE     | GRATEFUL  | GRATITUDE    | GRAVY     |
| HAM        | HARVEST   | HOLIDAY      | LEFTOVERS |
| MAYFLOWER  | MEAL      | NOVEMBER     | PEACAN    |
| PUMPKIN    | PLYMOUTH  | PILGRIM      | STUFFING  |
| POTATOES   | SQUASH    | WISHBONE     | TURKEY    |

# Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

			8				4	
	3				2			8
				6	7			9
			7	9	6	2		
								4
				2	1			6
7		8					2	3
			1					
6		1				8		

7	6	8	4	3	2	1	9	9
5	9	6	4	8	7	2	3	6
5	9	6	4	8	7	2	3	6
3	2	3	1	2	3	4	8	7
9	8	5	1	2	1	5	8	6
6	8	5	9	7	3	4	2	1
4	7	4	9	5	8	3	6	1
4	8	5	7	6	9	2	3	1
8	2	4	5	6	7	3	1	9
1	3	7	9	4	2	6	5	8
5	6	9	8	1	3	7	4	2

Answer to Sudoku

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# NOVEMBER CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Daylight Saving Time Ends	10am Pickleball (GRC) 10:15am SilverSneakers® Boom Move (FFP)	10:15am SilverSneakers® Classic (FFP)	10:15am SilverSneakers® Boom Move (FFP)	10am Pickleball (GRC) 10:15am SilverSneakers® Classic (FFP)	10:15am SilverSneakers® Circuit (FFP) 2pm Pickleball (GRC)	
All Saints Day	All Souls Day					
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	10am Pickleball (GRC) 10:15am SilverSneakers® Boom Move (FFP)	10:15am SilverSneakers® Classic (FFP)	10:15am SilverSneakers® Boom Move (FFP)	10am Pickleball (GRC) 10:15am SilverSneakers® Classic (FFP)	10:15am SilverSneakers® Circuit (FFP) 2pm Pickleball (GRC)	
			Veterans Day			
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	10am Pickleball (GRC) 10:15am SilverSneakers® Boom Move (FFP)	10:15am SilverSneakers® Classic (FFP)	10:15am SilverSneakers® Boom Move (FFP)	10am Pickleball (GRC) 10:15am SilverSneakers® Classic (FFP)	10:15am SilverSneakers® Circuit (FFP) 2pm Pickleball (GRC)	





**Let's Hear It for Whole Grains!**

When it comes to good-for-you foods, it's hard to beat the benefits of whole grains. Studies have shown that people who eat whole grains as part of a healthy diet reduce their risk of some chronic diseases. Grains are important sources of many nutrients, including fiber, which helps reduce blood cholesterol levels and may lower the risk of heart disease. Fiber also plays an important role in digestive health and prevents constipation.

The B vitamins in whole grains aid in metabolism by helping the body release energy from protein, fat, and carbohydrates. Whole grains also contain minerals that build bones, release energy from muscles, and maintain a healthy immune system.

According to the Dietary Guidelines for Americans, at least half of all the grains we eat should be whole grains. Why not try this nutritious pancake recipe that's loaded with three types of whole grains. Freeze the leftovers for a hearty future breakfast.

**Multigrain Pancakes**

Yield: about 1 dozen

- 2 cups buttermilk
- 1/2 cup old-fashioned rolled oats
- 2/3 cup whole wheat flour
- 2/3 cup all-purpose flour
- 1/4 cup toasted wheat germ
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon baking soda

- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/2 cup egg substitute or 2 large eggs, lightly beaten
- 1/4 cup packed brown sugar
- 1 tablespoon canola oil
- 2 teaspoons vanilla extract

Mix buttermilk and oats in a medium bowl; let stand for 15 minutes.

In a large bowl, combine whole wheat flour, all-purpose flour, wheat germ, baking powder, baking soda, salt, and cinnamon.

Stir in egg substitute or eggs, sugar, oil, and vanilla into the oat mixture. Add the wet ingredients to the dry ingredients; mix with a rubber spatula just until moistened.

Pour batter by 1/4 cupful's onto a greased hot griddle. Turn when bubbles form on top of pancakes; cook until the second side is golden brown.



**Lighter Side**

**Illegal Turn**

In a hurry taking his 8-year-old son to school, a man made a right turn at a red light where it was prohibited.

“Uh-oh, I just made an illegal turn,” the man said when he realized his mistake.

“Aw, Dad, it's okay,” the son said. “The police car right behind us did the same thing.”



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**Thrive**  
*Locally*

## ANNUAL FESTIVAL OF TREES EVENT LOOKING FOR VOLUNTEERS

Andrea Haring is looking for volunteers to help with the Festival of Trees at the Union Colony Civic Center.

The following is a list of dates and times volunteers are needed:

Fri. 11/27: 3-8:30pm

Sat. 11/28: 9am-6:30pm

Mon. 11/30: 3-8:30pm

Tues. 12/1: 3-8:30pm

Wed. 12/2: 3-8:30pm

Thur. 12/3: 3-8:30pm

Fri. 12/4: 3-6:30pm, 2 slots *\*\*Extended Tree Viewing Day-No Ent.*

### **Watercolor & Wine 7-9pm**

Sat. 12/5: 9am-6:30pm

Mon. 12/7: 3-8:30pm

Tues. 12/8: 3-8:30pm

Wed. 12/9: 3-8:30pm

Thur. 12/10: 3-8:30pm

Fri. 12/11: 3-8:30pm

Entertainers also needed. All performances will be on the MCH Stage for 30 minutes!

Job duties include checking in ticketed participants and helping with tent activities, selling real Christmas wreaths, Christmas pies, Christmas tamale pre-sales and check-in for carriage rides. If you are interested in volunteering, please email: [Andrea.Haring@greeleygov.com](mailto:Andrea.Haring@greeleygov.com) or call 970-336-4219

### **Volunteering is Good for the Soul**

By giving back as little as two hours a week, or about 96 hours a year, older adults are discovering how to keep their lives active and healthy.

Research shows that seniors who volunteer can combat depression, stave off chronic pain, and boost brain power. In short, volunteering can promote longevity.

Still need another reason to get out and volunteer? With the number of volunteers age 65 and older expected to double in a few years, chances are you'll reconnect with old friends and make new ones.

"Volunteering gave me a reason to get up in the morning and stimulated my brain as I learned about topics and issues that were completely unfamiliar to me," says one volunteer.

One prospective volunteer who completed a checklist of his interests was a lifelong musician. He checked "arts and culture" as a favorite and said he loved teaching others. When the local volunteer coordinator signed him up, she had no idea that his instrument of choice was a ukulele. Two years later, he began teaching how to play the ukulele and his lessons have become so popular, he's teaching in two senior centers to packed classes.

The point is, there's a volunteer opportunity for everyone. For other opportunities, contact Marcia Shafer RSVP Volunteers in Service office 970-515-5125 / Cell 970-396-5492 or email: [rsvpweldcounty@gmail.com](mailto:rsvpweldcounty@gmail.com)

## FRIENDLY FORK NUTRITION MENU FOR FRIDAYS

Fri, Nov 6	Hamburger on Whole Wheat Bun, Lettuce-Tomato-Onion, Mustard-Ketchup, Baked Beans, Rainbow Fruit Salad, Oatmeal Raisin Cookie, Milk 1%
Fri, Nov 13	Chicken A La King over Biscuit, Spinach-Strawberry Salad with Balsamic Vinegar, Apple-Orange Wedges, Chocolate Chip Cookie, Milk 1%
Fri, Nov 20	Beef Stew, Wheat Crackers, Spinach and Garbanzo Salad, with Italian Dressing, Apple Waldorf Salad, Peach Crisp, Milk 1%
Fri, Nov 27	No lunch—Thanksgiving Holiday
	Make your reservations by calling 970-400-6955
	<i>Additional menu items for Monday and Wednesday found on page 12.</i>

### Ask me about Virtual Medical Visits and Medical HouseCalls!



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## FRIENDLY FORK NUTRITION MENU FOR MONDAYS AND WEDNESDAYS

Mon, Nov 2	Lasagna, Broccoli Cuts, Wheat Roll, Butter, Apples-Bananas-Grapes, Milk 1%
Wed, Nov 4	Beef and Bean Burrito, Pico de Gallio, Cheddar Cheese, Sour Cream, Pepi Corn, Banana-Orange-Pineapple, Apricot Crisp, Milk 1%
Mon, Nov 9	Chicken Fajita on Wheat Tortilla, Refried Beans, Spanish Brown Rice, Pico De Gallo, Sour Cream, Orange Wedges, Milk 1%
Wed, Nov 11	Veterans Day—No Meals
Mon, Nov 16	Beef-Cabbage Casserole, Caesar Salad, Tropical Fruit Salad with Balsamic Vinegar, Apple-Orange Wedges, Chocolate Chip Cookie, Milk 1%
Wed, Nov 18	Crisp Fish on Bun, Tartar Sauce, Creamy Coleslaw, Tomato-Lettuce, Seasoned Mixed Vegetables, Jicama-Orange-Grape-Walnut Salad, Milk 1%
Mon, Nov 23	Roast Turkey, Gravy, Mashed Potatoes, Stuffing Green-Bean-Red Peppers, Cranberry Orange Relish, Dinner Roll, Butter, Pumpkin Bar, Milk 1%
Wed, Nov 25	Roast Turkey, Gravy, Mashed Potatoes, Stuffing, Green Bean-Red Peppers, Cranberry Orange Relish, Dinner Roll, Butter, Pumpkin Bar, Milk 1%
Mon, Nov 30	Mexican Chicken Bake, Corn Chips, Pico de Gallo, Squash Medley, Southwest Coleslaw, Mango Crisp, Milk 1%