



**December 2021**

**Active Adult  
Center News**

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## WELCOME TO THE ACTIVE ADULT CENTER NEWSLETTER!

**Advisory Committee** -Back Row: Nancy Culbreath, Rick Reeser, Richard Stossel, Clarence Dye, Barbara Bouse, Mike Ream, Ann Norman, Sherri Shovlin. Sitting: Bonnie Satur, Louise Holmes, Lana Ryden, Annabell Cook. Not Pictured: Meredith Skoglund, & Sheree Angus.

## Looking Ahead

January 3

Closed: New Year's Day

January 13

Book Group | 10 a.m.

January 17

Closed: Martin Luther King Day



**RECREATION**  
CITY OF GREELEY

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

*Where Being Active is  
Our Way of Life!*

**Hours**  
Mon-Fri 8 a.m. - 5 p.m.  
Sat CLOSED  
Sun CLOSED

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# Announcements

## Maintenance Week

The Active Adult Center will be closed for our annual maintenance week December 20-27. We will open again Tuesday, December 28.

## Welcome!

First time members who joined the Active Adult Center from October 1 - 30: Casey Carmichael, Keryl Hatfield, Paul Rodriguez, David O'Dell, Richard Chartier, Tina Valentine.

## AAC Parking Lot

Please stop at the Active Adult Center front desk to verify that we have correct information on your vehicle. The City is patrolling our lot daily and they will issue tickets to those who are not in our system.

## Friendly Fork Meals

Friendly Fork meals provide nutritious and delicious lunches for seniors served at twenty-two sites throughout Weld County. Social and educational opportunities are also available before and after

meals. Participants have the opportunity to voluntarily contribute whatever they can afford to help offset the cost of the meal. Our suggested minimum donation is \$4. The meal meets 33 1/3 percent of the daily recommended dietary allowance. Who can dine with us?

- If you are at least 60 years of age
- If you are a spouse of a person at least 60 years of age
- Guests are welcome to attend the program but are required to pay a guest fee of \$14.

When you are ready to join us for lunch, please call and make a reservation at 970-350-9440 by 11am prior day.

If you are looking to make new friends while performing a service call Barbara 970-302-4570 or MaryEtta 970-381-5536 or tell the Active Adult Center front desk that you are interested in volunteering with Friendly Fork.

# Special Events

## Thanksmas—Sponsored by Cigna

Dec. 9 | 11:30 a.m. | Active Adult Center

We are excited to announce our 1st annual Thanksmas Lunch. Come and celebrate the holiday season with your friends at the AAC with an amazing meal provided by the Greeley Place.

Fee: \$10 members - \$15 non-members



## Grief Support

Join Us! The ACC is hosting a blended 8-week grief support group in early 2022. People who have experienced varying losses coming together to listen to others and share their own story with people who understand. If you are interested in participating call the Community Grief Center at 970-506-4114 to reserve a seat. Please contact Tiffany 970-350-9436 for more information. This is a closed 8-week group, so spaces are limited.

Fee: Free Date: TBA

## Gift Wrapping for Rodarte Kids

Dec 3 | 1 – 2:30 p.m.

The Community Christmas Party is an annual event for the City of Greeley's Rodarte Community Center. This year marks the thirty-second year of this very special community event. In 2020, the Community Christmas Party distributed over 1,800 gifts to youth, ages 12 and under. Please come and volunteer to help us wrap gifts for this special event. All wrapping paper, tape, scissors, coffee and cookies will be supplied. Wrapping will be at the Active Adult Center.

## Union Colony Civic Center

The UCCC is back and ready for entertainment. Visit <http://UCstars.com> for more information or call 970-356-5000.

Nov. 26 – Dec. 4 | Festival of Trees

Dec. 4 | Poinsettia Pops

Dec. 10–12 | The Nutcracker

Dec. 17 | Christmas Brass

Dec. 18 | Hot Chocolate—Colorado Dance Collective

## Museums at Twilight

2<sup>nd</sup> Thursdays | 4-8 p.m. | Greeley History Museum

We're staying open late so you can take your time exploring our galleries and enjoying light refreshments. For visitors 21+, one craft beer or glass of wine is included in the cost of regular admission. All events are sponsored by the Friends of the Greeley Museums, Highland Park Liquors, and High Country Beverage.

## Greeley Farmers' Market

1st & 3rd Saturdays | 9 a.m. – Noon | Zoe's Café and Events

The Greeley Farmers' Market is now indoors and open for its winter season. Visit the market on the first and third Saturdays of the month.

## Food for Life: Healthy Eating Cooking Demo

Dec. 9 | 6–7:30 p.m. | Greeley Recreation Center

The cooking demo will include all recipes, generous food tastings of at least four scratch-made dishes, educational material, and more. Register online at [greeleyrec.com](http://greeleyrec.com), or in person at any recreation facility or call 970-350-9400.

Fee: \$10

## Wreaths Across America at Linn Grove Cemetery

Dec. 18 | 10 a.m. | Linn Grove Cemetery

The nationwide Wreaths Across America event will recognize local veterans and first responders during an outdoor celebration and the placing of wreaths on veteran's graves at Linn Grove Cemetery. There are volunteer opportunities, a chance to sponsor a wreath, and attend a ceremony.

## Keenage Singers

Tuesdays | 10:30 a.m.

Our very own choir group is practicing at the AAC. Come join the fun or call Sheri at 970-350-9437 for more information on how you can become a member of the choir.

## Sunshine Band

The Active Adult Center has a band! If you would like to be a member of the band, call Sheri for more information 970-350-9437.

## Ceramics Fair Winners

Four AAC ceramic class participants entered their pieces in the Ceramic Show in Brighton in October.



Pictured are the winners with their pieces. Left to right Bonnie Satur (ceramics volunteer instructor) Autumn Wreath, awards: Best of show, Best of Category, 1st place and the Ming Award. Carolyn Roth, Snowman Wreath, award: 1st place. Eagle, awards: Judges Award, 1st place. Amy Tregoning, Elk Plaque, award: 2nd place. Andrew Burnet, Leaf Platter, award: Novice, Best In Show.

New students are welcome to join the Ceramics class each month, come join the fun!

## Rec Center and FunPlex 50+ Fitness Classes

Greeley Recreation Center is offering a new fitness schedule with many sessions designed for people 50 and older. See the full class schedule at [greeleyrec.com](http://greeleyrec.com). Since space is limited, RSVP online. Call 970-350-9400 for more information.

## Computer Lab

If you have a suggestion for a class in the computer lab please email [sheri.lobmeyer@greeleygov.com](mailto:sheri.lobmeyer@greeleygov.com) or put your suggestion in the suggestion box in the computer lab.

## Aims Classes Coming to the AAC

A partnership with Aims will be in place January 2022. We hope to be offering the following three classes: Line Dancing, Music Appreciation and Mindful Meditation.

# December 2021

Sunday	Monday	Tuesday	Wednesday
			1 8 a.m.   Billiards & Open Pool 9 a.m.   Car Lovers Group 9 a.m.   Knitting 9 a.m.   Strong People 10:15 a.m.   SilverSneakers® 11:00 a.m.   Blood Pressure Check 11:30 a.m.   Friendly Fork Lunch 12:30 p.m.   Bridge -Tom 1 p.m.   Ceramics 1 p.m.   Corn Hole 1 p.m.   Rocks To Gems
5 Closed	6 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People 11 a.m.   Strong People 11:30 a.m.   Friendly Fork Lunch 12:45 p.m   Dealing with Grief At The Holidays 1 p.m.   Pinochle 1 p.m.   Bridge -Gloria 1 p.m.   Crafts / Needlework 1 p.m.   Mahjong 1 p.m.   Five Crowns Cards	7 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People 9 a.m.   Medicare Counseling 10 a.m.   Chess 10 a.m.   Tai Chi—beginning 10:30a.m   Keenage Singer Practice 12:30 p.m.   Bridge -Tom 1 p.m.   Bridge -Mary 1 p.m.   Hand & Foot Cards 1 p.m.   Pitch 1 p.m.   Shuffleboard 1 p.m.   Computer lab help	8 8 a.m.   Billiards & Open Pool 8:30 a.m.   Foot Care 9 a.m.   Knitting 9 a.m.   Strong People 9 a.m.   Shuffleboard Tournament 10 a.m.   Pool Club Meeting 10:15 a.m.   SilverSneakers® 10:30 a.m.   Hearing Evaluations 11:30 a.m.   Friendly Fork Lunch 12:30 p.m.   Bridge -Tom 1 p.m.   Ceramics 1 p.m.   Corn Hole
12 Closed	13 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People 11 a.m.   Strong People 11:30 a.m.   Friendly Fork Lunch 1 p.m.   Pinochle 1 p.m.   Bridge -Gloria 1 p.m.   Crafts/Needlework 1 p.m.   Mahjong 1 p.m.   Five Crowns Cards	14 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People 9 a.m.   Rocks to Gems 9 a.m.   Advisory Board 10 a.m.   Chess 10:30a.m   Keenage Singer Practice 1 p.m.   Hand & Foot Cards 12:30 p.m.   Bridge -Tom 1 p.m.   Pitch 1 p.m.   Shuffleboard 1 p.m.   Computer Lab Help	15 8 a.m.   Billiards & Open Pool 8:30 a.m.   Foot Care 9 a.m.   Knitting 9 a.m.   Strong People 10:15 a.m.   SilverSneakers® 11:30 a.m.   Friendly Fork Lunch 12:30 p.m   Bridge-Tom 1 p.m.   Ceramics 1 p.m.   Corn Hole
19 Closed	20 Active Adult Center Closed for Maintenance	21 Active Adult Center Closed for Maintenance	22 Active Adult Center Closed for Maintenance
26 Closed	27 Closed for Maintenance	28 8 a.m.   Billiards & Open Pool 9 a.m.   Rocks to Gems 10 a.m.   Chess 10 a.m.   Keenage Singer Practice 1 p.m.   Hand & Foot Cards 12:30 p.m.   Bridge—Tom 1 p.m.   Pitch 1 p.m.   Shuffleboard 1 p.m.   Computer Lab Help	29 8 a.m.   Billiards & Open Pool 9 a.m.   Knitting 10:15 a.m.   SilverSneakers® 11:30 a.m.   Friendly Fork Lunch 12:30 p.m.   Bridge-Tom 1 p.m.   Ceramics 1 p.m.   Corn Hole

# Calendar of Events

Thursday	Friday	Saturday
<b>2</b> 8 a.m.   Billiards & Open Pool 8:15 a.m.   Acupuncture 9 a.m.   Strong People 10 a.m.   Tai Chi inter / Advanced 10:30 a.m.   Writing Your Life Part 1 11 a.m.   Strong People 1 p.m.   Bingo 1 p.m.   Scrabble 1:30 p.m.   Writing Your Life Part 2	<b>3</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People 10 a.m.   Young At Art 10:15 a.m.   SilverSneakers® 11:30 a.m.   Friendly Fork Lunch 1 p.m.   Bunco 1 p.m.   Gift Wrap for Rodarte	<b>4</b> Closed
<b>9</b> 8 a.m.   Billiards & Open Pool 8:15 a.m.   Acupuncture 9 a.m.   Strong People 10 a.m.   Book Group 10 a.m.   Tai Chi inter / Advanced 10:30 a.m.   Writing Your Life Part 1 11 a.m.   Strong People 11:30 a.m.   Thanksmas Lunch 1 p.m.   Bingo 1 p.m.   Scrabble 1:30 p.m.   Writing Your Life Part 2	<b>10</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People 10 a.m.   Young At Art 10:15 a.m.   SilverSneakers® 11:30 a.m.   Friendly Fork Lunch 1 p.m.   Bunco 1 p.m.   Bridge -Gloria	<b>11</b> Closed
<b>16</b> 8 a.m.   Billiards & Open Pool 8:15 a.m.   Acupuncture 8:30 a.m.   Foot Care 9 a.m.   Strong People 9 a.m.   Corn Hole Tournament 11 a.m.   Strong People 1 p.m.   Bingo 1 p.m.   Scrabble	<b>17</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Strong People 10 a.m.   Young At Art 10:15 a.m.   SilverSneakers® 11:30 a.m.   Friendly Fork Lunch 12:00 p.m.   Newsletter Taping 1 p.m.   Bunco	<b>28</b> Closed
<b>23</b> Active Adult Center Closed for Maintenance	<b>24</b> Active Adult Center Closed for Maintenance	<b>25</b> Closed
<b>30</b> 8 a.m.   Billiards & Open Pool 9 a.m.   Corn Hole Tournament 1 p.m.   Bingo 1 p.m.   Scrabble	<b>31</b> 8 a.m.   Billiards & Open Pool 10:15 a.m.   SilverSneakers® 11:30 a.m.   Friendly Fork Lunch 1 p.m.   Bunco	



## Classes Available

### Ceramics

Wednesdays | Dec 1-29 | 1-3 p.m. (no class Dec 22)

Calling all ceramic lovers! Our expert volunteer instructor will help you during each class! Bring your own green ware & paints, or for an additional fee, supplies can be purchased in class.

Fee: members \$9 and non-members \$14

### Chess Class

Tuesdays | Nov 30–28 | 10-11 a.m. (no class Dec 21)

U.S. Candidate Master, Brad Lundstrom, provides chess lessons for all levels. Beginner players are encouraged to join, class will be divided into two separate groups for lessons. Play for fun or join our tournaments for prizes and Active Adult Center championships.

Fee: Member \$20 and non members \$25

### SilverSneakers® Classic

Wednesdays & Fridays | 10:15 a.m. (no class Dec 22 & 24)

Increase muscle strength and range of movement, and improve activities for daily living. You will have a chair for seated exercises and standing support. Your instructor can modify the exercise for you.

Fee: Free to Silver Sneakers® members and \$4 for non-members.

### Strong People

Monday through Friday | 9 a.m.

Mondays & Thursdays | 11 a.m.

A partnership with Area Agency on Aging held at the AAC. The benefits of Strong People are to maintain/improve strength, flexibility and balance. Hand and ankle weights are used, learn appropriate exercises and proper techniques. Call 970-400-6117 to register.

Fee: donations are accepted

### Woodshop Required Safety Classes

The AAC has one of the best woodshops in town. This class will begin again later this winter. Watch for more details. Please note: All persons using the woodshop must be an

AAC member and take the safety class.

### Young At Art

Fridays | Dec 3 -17 | 10 a.m. – Noon (no class Dec 24 & 31)

Ready to paint? Instructor, Felisha Bustos, welcomes any skill level. The December class is “The Richness of Oil Paint” Medium, Oil Paint  
Fee: \$37.50 members and \$45 non-members

### Bridge Lessons

Mondays | January 24 – April 4 | 1 p.m. (no class Feb 21)

The Greeley Afternoon Bridge Club is excited to be offering an 11- week free bridge class hosted by Tom Roberts in a comfortable supportive setting at the Greeley Active Adult Center. These basic lessons are open to anyone new to bridge or someone who dabbled in bridge years ago and would like to learn a more modern approach to bidding. Each class will last approximately 2 and a half hours. All materials and instruction are absolutely Free to AAC members. Non members: \$4 daily fee. To sign up or get more information, please call Tom Roberts at 970-313-3491 / email dtroberts49@msn.com

### Dealing with Grief At The Holidays

Monday, December 6 | 12:45 – 2:15 p.m.

Holidays are often difficult for anyone who has experienced the death of someone loved. Come and learn strategies that will help you cope with the holidays and empower yourself to heal. No registration required. Call 970-350-9440 for more information. Class held at the AAC

Fee: Free

### Banner Educational Programs

Each month Banner and their medical team will be providing educational topics that are important to the 50+ age group. Programs are free and open to the public. Please plan to attend and bring your friends. Watch for more specific details highlighted each month. Class held at the AAC

January, 10th, 1pm – Orthopedic with Dr. Sanderford

February – Heart month / cardiology, disorders of the heart and blood vessels.

March – Gastroenterology, and information that focuses on the digestive tract, gallbladder, liver, etc..



Wed, Dec 1	Cashew Chicken, Brown Rice, Asian Coleslaw, Apple-Orange-Banana Salad, Fortune Cookie, Soy Sauce, Nut Cup, Milk 1%
Fri, Dec 3	Krautburger, Spicy Mustard, German Potato Salad, Apple-Grapes-Banana Salad, Vanilla Pudding, Milk 1%
Mon, Dec 6	Spaghetti with Meat Sauce, Squash-Broccoli-Carrots, Orange Dill Roll, Butter, Chocolate Chip Cookie, Milk 1%
Wed, Dec 8	Chicken and Noodle Casserole, Tuscan Vegetable Blend, Spinach-Garbanzo Salad—Oil & Vinegar Dressing, Apple-Cranberry Crisp, Milk 1%
Fri, Dec 10	BBQ Pork on a Bun, Oven Brownd Potatoes, Green Bean—Garlic-Almond, Melon Salad, Banana Bar with Icing, Milk 1%
Mon, Dec 13	White Chicken Chili, Wheat Crackers, Garden Pasta Salad, Mixed Fruit, Rocky Road Pudding, Milk 1%
Wed, Dec 15	Prime Rib, Baked Potato/Sour Cream/Butter, Green Beans - Red Pepper, Cranberry Dream Salad, Wheat Roll, Butter, Horseradish Sauce, Angel Food Cake with Strawberries and Whipped Cream, Milk 1%
Fri, Dec 17	Fried Chicken, Roasted Potatoes, Baked Beans, Jicama-Orange-Walnut Salad, Milk 1%
Mon, Dec 20	No Lunch Holiday Break

## Programs

The following programs are free to members and cost \$4 for all non-members, unless otherwise noted.

### Cards and Games

**Bingo** | Thursdays | 1 p.m.

Play Grocery Bingo with your friends; it's just 25¢ suggested donation per card.

### Bridge

Groups are looking for new players. Call the AAC front desk for information.

**Bunco** | Fridays | 1 p.m.

**Five Crowns** | Mondays | 1 p.m.

Join the fun for a Rummy style card game. It's a quick favorite for avid and casual card players alike. Look for books and runs.

**Hand & Foot** | Tuesdays | 1 p.m.

**Mahjong** | Mondays | 1 p.m.

**Pinochle** | Mondays | 1 p.m.

**Pitch** | Tuesdays | 1 p.m.

**Scrabble** | Thursdays | 1 p.m.

### Hobbies and Special Interest

**Book Group** | Dec. 9 | 10 a.m.

December book: "The Night Watchman" by Louise Erdrich.

**Computer Lab Help** | Dec. 7, 14, 28 | 1-2 p.m.

No reservations needed. Looking for help to register for a class, want help paying a bill, ready to learn about on line banking, want to know how to google a phone number, business, or recipe? Our volunteer in the computer lab is happy to help.

**Crafts & Needlework** | Mondays | 1 p.m.

Join us to make blankets, hats, scarfs etc. for veterans and at-risk children and adults.

### Greeley Retired Academic Study Program (GRASP)

Committee members have decided to put this program on hold. Please watch the newsletter for future updates on the GRASP program.

**Knitting** | Wednesdays | 9 a.m.

Bring your knitting project and join us.

### Photography Group

No photo group in December, see you in January.

**Senior Car Lovers Unite** | Dec. 1 | 9 a.m.

Join us to discuss cars and a variety of other topics. New members welcome.

### Nutrition and Wellness

**Acupuncture** | Dec 2, 9 & 16 | 8:15 a.m.

Make your appointment by calling 970-350-9440.

Fee for each session is: \$35

**Blood Pressure Checks** | Dec. 1 | 11 a.m.

The Bridge is sponsoring free blood pressure checks at the AAC on the first Wednesdays of the month.

**Foot Care** | Dec. 8, 15, & 16 | call 970-350-9440

for an appointment with Sue; \$26 for a half-hour session.

**Hearing Evaluations** | 2<sup>nd</sup> Wednesdays | 10:30 a.m. – Noon

Free hearing evaluations offered once a month. Connect Hearing Inc., a Greeley based company, provides this service. No registration required.

**Medicare Counseling** | Dec. 7 | 8:30 a.m.

call 970-350-9440 to schedule an appointment  
Free Medicare counselling at the AAC. Get your questions answered by Judy Foote, Medicare counselor.

**Support Group** | 2<sup>nd</sup> Wednesdays | 5:30 – 7 p.m.

The Younger Caregiver Support Group is designed for dementia caregivers who are under 65. Support Groups are a safe place to receive support for the difficult journey of Alzheimer's. Call 970-392-9202 for more information. The support group meets in the Senior Room of the Family FunPlex.

# Sports

## Shuffleboard | Tuesdays | 1-3 p.m.

Open play is every Tuesday. Join the Shuffleboard Club; it's \$5 a year, and receive a discount on shuffleboard events.

## Shuffleboard Tournament | Dec. 8 | 9 a.m.

Fees are \$3 shuffleboard club members, \$8 non-members. Prizes awarded to the top 3 finishers. Lunch break taken at 11:30 a.m. So make a reservation for Friendly Fork Lunch.

## Corn Hole Open Play |

Wednesdays | 1-3 p.m.



Corn hole is available on Wednesday afternoon.

## Corn Hole Doubles Tournament | Dec. 16 | 9 a.m.

Join us for a morning of play. We will draw partners the day of the tournament. Fee: is \$5 Members and \$10 non-members. Registration deadline Wed, Dec 15

## Pool Room

The pool room has eight tables: 8-ball, 9-ball, 10-ball, 1 & 15 ball, Snooker, golf and billiards. Members—free \$4 for non-members. Join the pool club too! For more information, call the front desk at 970-350-9440!

## Pool Club Meeting | Dec 8 | 10 a.m.

Calling ALL pool players. Please plan to attend the pool club meeting at 10 a.m. Discussion for table maintenance, membership and more.

# Friendly Fork Nutrition Menu Continued

Wed Dec 22	No Lunch Holiday Break
Fri Dec 24	No Lunch Holiday Break
Mon Dec 27	No Lunch Holiday Break
Wed & Fri Dec 29, 31	No Lunch Holiday Break



To make your reservation call the Active Adult Center 970-350-9440.