

April 2024

Golden

Golden Age Center & Fremont County Transit
719-275-5177 719-276-5200

Age

The Golden Age Council, Inc.
728 Main Street
Canon City, CO 81212

Chronicles

Mack Word - Executive Director

WELCOME

Spring

Need A Ride? Call Today!
719-276-5200



All rides **MUST** be scheduled in advance through our dispatchers. Our drivers are not allowed to assist with the loading and unloading of items and will not enter your home. We request a minimum of a \$4 donation each way when riding with us.



Please join us for any or all of our regularly scheduled weekly events

Silver Sneakers Exercise	8:30 AM	Monday thru Thursday
Koffee Klub	9:00 AM	Monday thru Friday
Novice Line Dancing	2:00 PM	Monday
Line Dancing	1:00 PM	Tuesdays
Chair Exercise Class	9:30 AM	Monday/Wednesday
Ark. Valley Wood Carvers	1:00 PM	Thursdays
Tai Chi	10:00 AM	Fridays
Bible Study	1:00 PM	Fridays



We are always looking for new opportunities to gather and connect weekly. If you have an idea for an activity, please let us know.

CHECK OUR CALENDAR ON PAGE 6 FOR CURRENT DAYS AND TIMES



Let's Go To Cripple Creek!

April 18th

Load @ GAC 7:45 AM

Load @ CC 3 PM

\$20/members

\$25/non-members

Let us do the driving!!!!



Come visit with Kim and Sangre de Cristo Hospice about important legal paperwork you might need to make sure you and your family are prepared!

Accurate Notary & Paralegal Services, LLC

Kim Vetri

732-690-1001





We would hate for you to miss out on this years Tea Party.

Mark your calendars: MAY 17TH 3 PM

Volunteers that wish to occupy a seat are \$20/each

DON'T WAIT! SPACE IS LIMITED

\$25

April 5th @ 5 PM

Come join us for great food, good friends and cake!

King & Queen Coronation

Jimmy Burr & Marge Tozier



Gnome Craft

April 11th @ 1:30 PM

All supplies provided

Completed gnomes will be displayed and given as prizes at our Spring Tea.

Join us for some fun and help support the GAC

Donations Welcome



Mazie Cain
PHOTOGRAPHER

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- mazie@cainscandidates.com
- www.cainscandidates.com

Hello everyone and welcome to summer time! What a great start to the year. The snow and rain has provided a much needed drink to the area and I'm looking forward to some beautiful scenery in the coming weeks.

Transit has had its first trip to Cripple Creek and boy was it a good one. Everyone had a great time and now we are planning and looking forward to the one in April. We'll continue these trips all summer and as long as the weather holds in the fall.

Speaking of trips, Holly has been diligently searching for excursions for the summer months. She has been very successful. We have about 7 or 8 that we are solidifying dates for. Watch the calendar and website for more information as we get closer to those times.

I'm proud to report that our partnership with UAACOG was very fruitful last year. Thanks to the efforts of the Board of Directors, Mitzie and all the staff and volunteers, we played a role in serving over 15,000 meals. I am proud to be a part of this team and be able to work so close with Mitzie and UAACOG in making it happen. A special thank you to Mitzie for her leadership and guidance. Great job everyone!!

Lastly, we are always looking for volunteer drivers. Please consider joining us. You too can be part of this great organization. Stop by and see me, I'd love to meet you and visit. My door is always open.

Mack



PCC Senior Mini College
 Pam Gaunt, Ruth Farmer, Regina Usnick,
 Diane Chipperfield and Cindy Nordell
 represented GAC at the college this year.

They spoke to over 100 community members
 about GAC and Fremont County Transit and
 gave out information about what we do.

Thank you ladies for the support!





Graberg Insurance Solutions
 6020 Erin Park Dr Suite B5
 Colorado Springs CO 80919
 719-460-7580
 kgraberginsurance@gmail.com
 kathleengraberginsurance.com

Kathleen Graberg , Your Local Agent

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 Canon City, CO 81215

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We are a reliable and professional company that acts with integrity. We look forward to working with you on your next service!
 We pride ourselves in providing the highest-quality customer service for each and every customer on every service that we work on.

No matter what your needs are, we want to hear from you! Give us a call to get started with a consultation for your next service!

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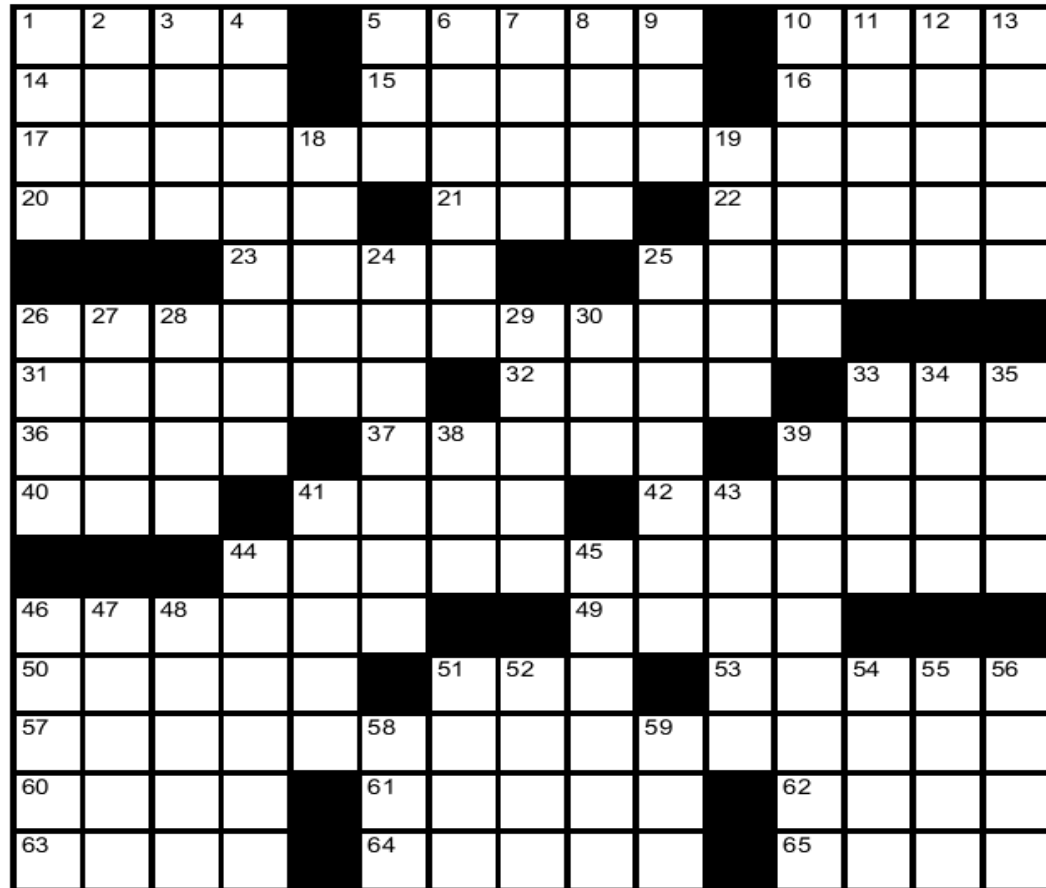
THE FUN PAGE

Spring Fever

Robert Stockton (© 2008)

Across

1. Loading locale
5. Harriet Tubman, once
10. They share a Ma and Pa
14. Free speech org.
15. Itching to begin
16. Greeting in Guadalajara
17. SPRING
20. Tither's portion
21. Something to run in a bar
22. Big name in 2008 politics
23. Singer & activist Joan
25. Intoned endlessly
26. SPRING
31. Canonized king of Nor.
32. Warty amphibian
33. ENT's org.
36. RBI or ERA, e.g.
37. Come to pass
39. Rush to review
40. "The Fox in the Hound" fox
41. Animation
42. Like urban air, often
44. SPRING
46. Ships of the desert
49. West coast gas brand
50. New York politician Alfonse D'_____
51. Future home of W's presidential library
53. Like some beers
57. SPRING
60. 1993 peace accord locale
61. Approach indicated by two lanterns
62. French bean?
63. Close by
64. Raise up



65. Phonograph frustration

Down

1. Kind of tense
2. Frozen drink brand
3. Animation
4. Declining industrial region, slangily
5. One in a hundred in DC
6. Taoism founder
7. Kodak competitor
8. Eat or greet, e.g.
9. Byron's "before"
10. Cindy Lauper hit single
11. Herbert Hoover or Meredith Wilson, by birth
12. Fault

13. Green course

18. Scarlett surname
19. Santa-tracking org.
24. Exertions
25. Letter opener
26. "Hey! Over here!"
27. Camp Swampy canine
28. Pictish pigment
29. Maj.'s boss, perhaps
30. Slugger Gehrig
33. Jason's craft
34. Nativity trio
35. ____ nitrite (heart medicine)
38. Langley org.
39. Gilligan's Island props, often
41. Under

43. "Solid Gold" host Marilyn
44. Shooting star
45. Hardy pal
46. Fatty fowl
47. Entertain
48. Donald Trump ex-wife Maples
51. Place for a final voyage
52. Table-like terrain
54. Wearying walk
55. When we meet Quince and Bottom
56. Sugary Easter treat
58. "Honest" president
59. Posed for a portrait

This Months Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>Koffee Klub Silver Sneakers Chair Exercise</p> <p>9:30 AM Pool</p> <p>2 PM Novice Line Dancing</p>	<p>2</p> <p>Koffee Klub Silver Sneakers</p> <p>1 PM Pool/Ping Pong Line Dancing 1 PM Advanced 2 PM Beginners</p>	<p>3</p> <p>Koffee Klub Silver Sneakers Chair Exercise</p> <p>1:30 PM Movie Hour</p>	<p>4</p> <p>Koffee Klub Silver Sneakers</p> <p>9:30 AM Graberg Insurance</p> <p>1 PM Woodcarvers 1 PM Pool/Ping Pong 1:30-2:30 PM Country Western Dancing for Couples</p>	<p>5</p> <p>Koffee Klub</p> <p>10 AM Tai Chi 11:30 AM Pool</p> <p>1 PM Bible Study</p> <p>5 PM CORONATION 7 PM-9 PM Live Music w/ Clift & Kelly</p>	6
7	<p>8</p> <p>Koffee Klub Silver Sneakers Chair Exercise</p> <p>9:30 AM Pool</p> <p>2 PM Novice Line Dancing</p>	<p>9</p> <p>Koffee Klub Silver Sneakers</p> <p>1 PM Pool/Ping Pong Line Dancing 1 PM Advanced 2 PM Beginners</p>	<p>10</p> <p>Koffee Klub Silver Sneakers Chair Exercise</p> <p>1:30 PM Movie Hour</p>	<p>11</p> <p>Koffee Klub Silver Sneakers</p> <p>1 PM Woodcarvers 1 PM Pool/Ping Pong</p> <p>1:30 PM Gnome craft</p> <p>1:30 -2:30 PM Country Western Dancing for Couples</p>	<p>12</p> <p>Koffee Klub</p> <p>10 AM Tai Chi 11:30 AM Pool</p> <p>1-3:00 PM Sangre de Cristo 1 PM Bible Study 1:30 PM Low Vision Group</p>	13
14	<p>15</p> <p>Koffee Klub Silver Sneakers Chair Exercise</p> <p>9:30 AM Pool</p> <p>2 PM Novice Line Dancing</p>	<p>16</p> <p>Koffee Klub Silver Sneakers</p> <p>1 PM Pool/Ping Pong Line Dancing 1 PM Advanced 2 PM Beginners</p>	<p>17</p> <p>Koffee Klub Silver Sneakers Chair Exercise</p> <p>1:30 PM Movie Hour</p>	<p>18</p> <p>Koffee Klub Silver Sneakers</p> <p>8:00 am Cripple Creek 9:30 AM Graberg Insurance</p> <p>1 PM Woodcarvers 1 PM Pool/Ping Pong 1:30-2:30 PM Country Western Dancing for Couples</p>	<p>19</p> <p>Koffee Klub</p> <p>10 AM Tai Chi 11:30 AM Pool</p> <p>1 PM Bible Study 1:30 PM Historical Museum:</p>	20
21	<p>22</p> <p>Koffee Klub Silver Sneakers Chair Exercise</p> <p>9:30 AM Pool</p> <p>2 PM Novice Line Dancing</p>	<p>23</p> <p>Koffee Klub Silver Sneakers</p> <p>1 PM Pool/Ping Pong Line Dancing 1 PM Advanced 2 PM Beginners</p>	<p>24</p> <p>Koffee Klub Silver Sneakers Chair Exercise</p> <p>7:15 AM Senior Expo</p> <p>1:30 PM Cheyenne Mt Zoo In-house Visit</p>	<p>25</p> <p>Koffee Klub Silver Sneakers</p> <p>1 PM Woodcarvers 1 PM Pool/Ping Pong 1:30-2:30 PM Country Western Dancing for Couples</p>	<p>26</p> <p>Koffee Klub</p> <p>10 AM Tai Chi 11:30 AM Pool</p> <p>1 PM Bible Study</p> <p>7 PM-9 PM Live Music w/ Mountain Blue</p>	27
28	<p>29</p> <p>Koffee Klub Silver Sneakers Chair Exercise</p> <p>9:30 AM Pool</p> <p>2 PM Novice Line Dancing</p>	<p>30</p> <p>Koffee Klub Silver Sneakers</p> <p>1 PM Pool/Ping Pong Line Dancing 1 PM Advanced 2 PM Beginners</p>				

Upper Arkansas Area Agency on Aging Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>#96 Tahitian Chicken Seasoned Green Beans Brown Rice Vegetable Salad w/Lite Italian Apple WW Bread w/Butter</p>	<p>2</p> <p>#11 Beef & Broccoli Stir Fry Steamed Brown Rice Steamed Carrots Pineapple Tidbits WW Bread w/Butter</p>	<p>3</p> <p>#72 Roast Chicken w/Broth Scalloped Potatoes Seasoned Brussels Sprouts Apple WW Bread w/Butter</p>	<p>4</p> <p>#17 Black Bean & Tortilla Casserole Steamed Brown Rice Whipped Sweet Potatoes Mixed Fruit</p>	<p>5</p> <p>#20 California Veggie Bake Spinach Salad w/Egg & Lite Italian Pear & Citrus Cup Oatmeal Raisin Cookie WW Bread w/Butter</p>
<p>8</p> <p>#18 Bratwurst on a Bun w/Onions & Cabbage Oven Brownd Potatoes Peas & Carrots Orange</p>	<p>9</p> <p>#97 Teriyaki Beef Brown Rice Chinese Vegetables Asian Cabbage Salad Orange Fortune Cookie WW Bread w/Butter</p>	<p>10</p> <p>#50 Honey BBQ Chicken Oven Brownd Potatoes Broccoli & Carrots Diced Pears Carrifruit Salad WW Bread w/Butter</p>	<p>11</p> <p>#85 Spinach Cheese Squares Tossed Salad w/Pear Whipped Hubbard Squash Citrus Cup WW Bread w/Butter</p>	<p>12</p> <p>#89 Submarine Turkey Sandwich Chunky Vegetable Soup Potato Salad Orange Oatmeal Raisin</p>
<p>15</p> <p>#78 Roasted Turkey w/Gravy Smashed Red Potatoes & WW Roll California Blend Vegetables Spinach Salad w/Mandarin Oranges Pineapple Tidbits</p>	<p>16</p> <p>#59 Macaroni & Cheese Salad w/Lite Italian Asparagus Banana WW Bread w/Butter</p>	<p>17</p> <p>#58 Lentil Soup Egg Salad Sandwich Shredded Lettuce Three tomato slices Banana</p>	<p>18</p> <p>#60 Meatloaf Brown Gravy Roasted Sweet Potatoes Salad w/Lite Ranch Pineapple Tidbits in Juice WW Bread w/Butter</p>	<p>19</p> <p>CLOSED FOR ANNUAL STAFF MEETING</p>
<p>22</p> <p>#45 Scalloped Potatoes Buttered Spinach Hard Boiled Egg Apple WW Dinner Roll</p>	<p>23</p> <p>#16 Beef Stroganoff Orange Spiced Carrots Pickled Beet & Onion Salad Orange WW Bread w/Butter</p>	<p>24</p> <p>#27 Chicken Fried Steak Cream Gravy Smashed Red Potatoes California Mixed Vegies Apple WW Dinner Roll</p>	<p>25</p> <p>#40 Cream of Potato Soup Tuna Salad Wrap Lettuce & Tomato Slices Creamy Coleslaw Peaches</p>	<p>26</p> <p>#109 Turkey Pot Pie Peas and Carrots Salad w/Lite Ranch Orange Oatmeal Cookie WW Dinner Roll</p>
<p>29</p> <p>#79 Salisbury Steak Brown Gravy Smashed Red Potatoes California Mixed Vegetables Nectarine WW Bread</p>	<p>30</p> <p>#21 Chicken & Noodles Seasoned Green Beans Baked Acorn Squash Apricot Pineapple Compote WW Bread w/Butter</p>	<p><u>A \$3.00 suggested donation per meal is appreciated, but not required.</u></p>	<p><u>Must have assessment form for our meal program on file with UAAACOG. Eligibility 60+</u></p>	<p>The following major food allergens are used as ingredients: <u>Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame.</u> Please notify staff for more information about these ingredients.</p>

Please call (719) 345-3064 before 9:30 a.m. for reservations. Congregate meals served Monday – Friday at noon. All menus subject to change.

1 Calories 839 Carbs grams 91 Fat grams 33 Sodium mg 708 Fiber grams 10	2 Calories 784 Carbs grams 88 Fat grams 30 Sodium mg 710 Fiber grams 10	3 Calories 794 Carbs gram 80 Fat grams 32 Sodium mg 607 Fiber grams 11	4 Calories 808 Carbs grams 123 Fat grams 24 Sodium mg 993 Fiber grams 17	5 Calories 692 Carbs grams 103 Fat grams 25 Sodium mg 533 Fiber grams 13
8 Calories 798 Carbs grams 96 Fat grams 35 Sodium mg 1141 Fiber grams 14	9 Calories 985 Carbs grams 98 Fat grams 46 Sodium mg 527 Fiber grams 11	10 Calories 1176 Carbs grams 95 Fat grams 47 Sodium mg 887 Fiber grams 10	11 Calories 785 Carbs grams 85 Fat grams 37 Sodium mg 847 Fiber grams 13	12 Calories 787 Carbs grams 95 Fat grams 29 Sodium mg 992 Fiber grams 12
15 Calories 786 Carbs grams 93 Fat grams 22 Sodium mg 819 Fiber grams 10	16 Calories 671 Carbs grams 85 Fat grams 24 Sodium mg 1080 Fiber grams 10	17 Calories 656 Carbs grams 94 Fat grams 19 Sodium mg 759 Fiber grams 12	18 Calories 855 Carbs grams 95 Fat grams 36 Sodium mg 773 Fiber grams 12	19 CLOSED
22 Calories 713 Carbs grams 83 Fat grams 28 Sodium mg 971 Fiber grams 13	23 Calories 854 Carbs grams 108 Fat grams 28 Sodium mg 1044 Fiber grams 14	24 Calories 993 Carbs grams 98 Fat grams 40 Sodium mg 908 Fiber grams 10	25 Calories 691 Carbs grams 94 Fat grams 22 Sodium mg 844 Fiber grams 10	26 Calories 709 Carbs grams 82 Fat grams 26 Sodium mg 1147 Fiber grams 12
29 Calories 898 Carbs grams 82 Fat grams 41 Sodium mg 675 Fiber grams 10	30 Calories 728 Carbs grams 101 Fat grams 20 Sodium mg 376 Fiber grams 11			

CLIENT GRIEVANCE: If an individual believes he/she has a grievance with the service they have received from either the Upper Arkansas Area Agency on Aging (UAAAA) or a service provider contracted through the UAAAA, he/she may file a complaint through direct contact, by phone, electronic contact or in writing to the local Area Agency on Aging Tel: 1-877-610-3341, 139 E 3rd St., Salida, CO 81201 or the State Unit on Aging Tel: 303-866-2800, fax 303-866-2696, 1575 Sherman St., 10th Floor, Denver, CO 80203 explaining the nature of the grievance. Please submit to Area Agency on Aging, 139 East 3rd St., Salida, CO 81201. Tel: 719-539-3341

Appeals Process: Any person, who feels he/she has been denied service by the Upper Area Agency on Aging or a contractor of the UAAAA for any reason, has the right to appeal the decision. A copy of the Appeals Process is available upon request.

Contributions: Any individual receiving services funded through the UAAAA (Title III Older Americans Act) shall have the opportunity to contribute to all or part of the cost of the service(s) provided. Each individual recipient shall determine for him/herself if and what he/she is able to contribute toward the cost of the service. No individual shall be denied a service because of not contributing to the cost of the service.