



Mountain Peak Life **Newsletter** **October, 2018**

New Acupuncture Group Treatments: Experience acupuncture geared to the needs of older adults in a group setting at Community Treatment prices. Sign up now for the first Wednesdays of each month in Nederland. Norah Charles offers treatments on **Wednesday, October 3**, beginning at 1:00pm, for overlapping sessions at a rate of only \$25 per treatment. See article below.

American Sign Needed: Do you know Sign Language or the manual alphabet? We have a new member who is deaf and would love to be included in conversation at our events. If you can help, please contact us at 303-258-0799.

Mobility for All Master Plan: Get involved in the Boulder County Transportation Master Planning (TMP) process taking place now by taking the TMP Survey or attending a TMP Kick-Off Meeting at the Boulder Chamber, 2440 Pearl, **Thursday, October 4**, 6-8pm, or contact Angel Bond at Boulder County Transportation, 720.564.2218, abond@bouldercounty.org. Before expressing your thoughts, please note that the door-through-door service offered to all age adults Monday through Friday by Via (using Z-Trip) around Nederland and between there, Rollinsville, and Boulder is severely underutilized. For information on the TMP Process, please visit the plan website www.BoCoTMP.com.

Growing B/Older: Wild & Soulful Aging Workshop at the Nederland Community Library next month is free for any age adult. It is geared for those in their 50s who have begun to wonder about what it means to age, and those of us past 60 who want to reframe our feelings and ideas about what it means to grow older (bolder?) in this present culture. The presentation is interactive with opportunities to share feelings, ideas and experiences. Each person comes away with a new perspective on the value or gift inherent in living long - not only the limitations we know too well. Facilitator Rebekah Shardy has served the field of aging (social work and healthcare) for more than 30 years.

Choose *either* of these two dates to attend: **Friday, October 12**, 1:30 – 3:00 pm or **Saturday, October 27**, 1:30 – 3:00pm. To register after 10/1, please call the library at 303-258-1101 or online at <https://nederland.colibraries.org/classes-and-programs/>.

Volunteer Opportunities:

1) Make a difference to the success of the nonprofit organization that serves you and at least 500 other mountain adults. Our nonprofit board of seven members serve two year terms, with half changing each year. Please call 303-258-0799 or talk with a current board member to ask about this opportunity to help and gain a deeper understanding of how things work. We need to complete our board election slate by November 15.

2) *Please volunteer to help at the door with welcoming/check-in and orienting our newest guests at our breakfasts/brunches and dinners. It requires only a cheerful smile and a commitment to arrive a few minutes before the "doors open" time. We need 2-4 people to handle this each time and need to know in advance that we have these positions covered. Thank you!*

EVENTS

FRI, 9/28 BIGfoot Hike

Special exception month! Lucy is recovering from a fractured pelvis and Jeannette Smith has stepped up to carry on a tradition the hike group has enjoyed for several years. The group will meet at the Nederland ParknRide to catch the 9:23am bus. They will disembark at 4-mile canyon and walk the paved creek path approximately 3 miles to the West Boulder Senior Center at 9th & Arapahoe in time for lunch there. Cost for lunch is \$6, with no reservations required. They will catch the 2:10 bus back from the 9th and Canyon stop. Bring your RTD Ecopass or exact fare for the bus. Bus is \$2.25 each way if over 65, \$4.50 each way if under 65.

FRI, 9/28 *Featured Event!* Social Dinner & Folk Dancing

Greek Dinner and International Folk Dancing! After dinner, dance a simple Greek line dance and many other easy-to-learn dances led by the local group of International Folk Dancers taught and led by Tom Masterson. Join us on **Friday, September 28**, for Lamb Gyros Pitas, Baba Ganoush, Falafel, and more. 5:00pm doors open for social, 5:30pm meal served. Please reserve as far in advance as possible at Meetup.com/Mountain-MidLife-Social-Group, by replying to this email, or by phone at 303-258-0799. If you have special dietary needs not already registered with us, please inform us several days in advance. \$10 Adults under age 60 or \$5 requested contribution over age 60.

SAT, 9/29 Senior Law Day

This year's Senior Law Day has conveniently moved to Boulder, is held a little later in the year on **Saturday, September 29**, is reduced to only half a day, and is FREE! But those four reasons are only half the reason to attend. Senior Law Day helps older adults, boomers, their family members and caregivers make informed, positive decisions about legal, health, and lifestyle matters through expert presentations, one-on-one attorney consultations and interaction with subject matter exhibitors. Doors open at 8:00, keynote speaker and workshops begin at 9:00. Held at the JCC, Arapahoe & Cherryvale, Boulder. Sign up by 9/27 for free admission (\$5 after that) at <http://www.bouldercountyseniorlawday.org/>

MON, 10/1 Foot Care

Local Registered Nurse Debbie Neal serves mountain older adults with toenail and skin care, review of foot concerns – **Monday, October 1**. By appointment, downtown Nederland, \$30, sign up at 303-258-0799.

WED, 10/3 Luncheon Program - Reverse Mortgages

Join us at lunch on **Wednesday, October 3**, as Amanda Varga with Orion Mortgage, Inc. explains the basics of reverse mortgages. During this presentation she will explain who is eligible, what is required, and walk through several real-life scenarios on the various ways borrowers have made use of this particular loan product. The purpose of this presentation is education - not sales - so please bring all of your questions. RSVP for lunch (see end for menu) at Noon to 303-258-0799. Or just swing by at 12:30 for the presentation that ends by 1:00pm.

WED, 10/3 Acupuncture

Experience acupuncture geared to the needs of older adults, aiding with concerns ranging from joint pain, injuries or surgeries to COPD, digestion, and sleep patterns, to depression – and more! We have engaged

Norah Charles, MSOM, L.Ac., to offer acupuncture treatments to us at a discount on the first Wednesdays of each month. She will be in Nederland **Wednesday, October 3**, beginning at 1:00pm, for overlapping sessions at a rate of only \$25 per treatment. Each individual receives 20 minutes to discuss with her the specific issues they would like to treat and have her place the strategic needles. While the needles work, she meets with the next person, which is how we make this "group treatment" affordable. Please call us at 303-258-0799 to sign up for a time slot and to learn the location.

THU, 10/4 Medicare Basics Class

Turning 65 soon? Or over 65 and still mystified by Medicare? Attend the FREE Medicare Basics class offered each month in Boulder. The next class is **Thursday, October 4**, 2pm-4pm at the East Boulder Senior Center, 5660 Sioux Drive. Please register in advance so they will print enough materials: 303-441-4150. Info at: www.BoulderCountyMedicareHelp.org

THU, 10/4 Art at the Center Opening

This wonderful all-ages gathering occurs only three times per year, so don't miss it! The opening reception for the new Art at the Center show at Nederland Community Center features 17 artists and most will be present to discuss their art and answer questions. Vote for your favorite artist while enjoying wine and appetizers. Suggested contribution of \$5 offers two complimentary beverage tickets. Join us on **Thursday, October 4**, 5pm – 7pm for this festive occasion.

WED, 10/10 Nederland Blood Drive

Save up to three lives with one donation! Citywide Banks in Nederland hosts the Bonfils bloodmobile on **Wednesday, October 10**, from 9:30am to 1:00pm. They need to fill all the time slots to be make it worth the trip up here for our convenience. For more information or to schedule an appointment, please contact Susan Schneider at 303-679-2244 or at sschneider@citywidebanks.com - or sign-up online at <https://donors.bonfils.org/GroupLanding.aspx?s=B161>.

THU, 10/11 Book Group

The Book Group meets at a private home on second Thursdays; the next meeting is **Thursday, October 11**, 6:30pm, and the format is pot luck. Check our Meetup site or call us at 303-258-0799 for info and location. This month's book is [The Silk Roads](#), by Peter Frankopan.

FRI, 10/12 Circle Talk Training

The CircleTalk program is based on the principle that human connections are essential to the well-being of all individuals. In regularly scheduled meetings, participants engage in structured conversations and activities designed to promote self-reflection and interpersonal connection. Many circles form in senior centers and residences to combat isolation with deeper community connections. These one-hour Circles are fun, interactive and easy to lead. Leadership training is offered at occasional intervals. The next opportunity is on **Friday, October 12**, at the TRU center in Lafayette. For more information, visit <https://www.circletalk.org/>

SUN, 10/14 *Featured Event!* Social Sunday Brunch & Hike

Come join us for brunch and optional hike following at the Nederland Community Center on **Sunday, October 14**. Doors open at 11:00am, with the meal served at 11:30am. Menu is at end of the newsletter. All ages of adults are welcome. Cost is only \$9 under age 60 and \$5 requested contribution from those over age 60. Please RSVP to [303-258-0799](tel:303-258-0799) or reply to this email or www.Meetup.com/Mountain-MidLife-Social-Group. An optional hike follows at 10:15am.

WED, 10/24 Foot Care

Local Registered Nurse Debbie Neal serves mountain older adults with toenail and skin care, review of foot concerns – **Wednesday, October 24**. (If this unconfirmed date changes, we will notify those who sign up...) By appointment, downtown Nederland, \$30, sign up at 303-258-0799.

FRI, 10/26 *Featured Event!* Mexican Dinner & Games Night

Join us on **Friday, October 26**, for a Mexican meal of Steak Fajitas with Peppers/Onions, Black Beans, Spanish Rice, Salad, and Flan with Fruit. 5:00pm doors open for social, 5:30pm meal served. After dinner we play the board and card games our guests bring to enjoy with friends. Please reserve as far in advance as possible at Meetup.com/Mountain-MidLife-Social-Group, by replying to this email, or by phone at 303-258-0799. If you have special dietary needs not already registered with us, please inform us several days in advance. \$10 Adults under age 60 or \$5 requested contribution over age 60.

WED, 11/7 Luncheon Program – Prevent ADRs

Join us at lunch on **Wednesday, November 7**, as Dr. Brahma Sharma explains how a simple check-swab test available to doctors through Medicare can prevent Adverse Drug Reactions (4th leading cause of death) and end trial-and-error prescriptions. RSVP for lunch (menu TBD) at Noon to 303-258-0799. Or just swing by at 12:30 for the presentation that ends by 1:00pm.

WED, 11/21 Nutcracker Ballet Dress Rehearsal

Boulder Ballet mounts the most colorful, lively, and entertaining production you will ever see of this holiday classic – and it is right here in Boulder! We can acquire some free tickets for older mountain adults to attend the dress rehearsal the night before Thanksgiving, **Wednesday, November 21**, 6:30pm doors open (please arrive early) for the 7:00pm show. It is rare that there is ever a glitch in these, so it's as good as the performance two days later! We must commit to the tickets we need **by Wednesday, October 17**. Please call us at 303-258-0799 to sign up – we can arrange carpools when we know who will attend.

Other Events of Interest

If you plan to attend any of these and would like to post on Meetup to have some Mountain Peak Life friends join you, please email us and let us know!

10/6,7,13,14,20,21 Boulder Open Studios, Maps & times at <https://www.openstudios.org/>

10/2,9,16,23,30 CU Faculty Tuesdays Concerts,7:30pm, Free,

<https://www.colorado.edu/music/events/faculty-and-guest-recitals/faculty-tuesdays>

10/12-11/2 Day of the Dead events in Longmont

<https://www.longmontcolorado.gov/departments/departments-e-m/museum/education/day-of-the-dead>

10/27 Halloween on Pearl Street Mall – informal Mall Crawl, great costumes, Thriller Dance Flash Mobs

10/31 Munchkin Masquerade, 1300 block Pearl St, Boulder,

<https://www.boulderdowntown.com/do/munchkin-masquerade>

WEEKLY CALENDAR

Mountain Peak Life Lunch at Nederland Community Center — RSVP 2 days ahead

Every Monday & Wednesday, Noon

Mountain Peak Life Breakfast/Brunch, Nederland Community Center — RSVP one week ahead if possible

Second Sat Most Odd # Mos, 8:30am/9:00am; Second Sun Most Even # Months, 11:00am/11:30am

Mountain Peak Life Dinner at Nederland Community Center — RSVP one week ahead if possible

Fourth Fridays, 5:00pm/5:30pm (Third Fridays in 4th Quarter)

Exercise at St. Rita's Catholic Church; free
Every Monday & Wednesday, 10:30am

Writing Skills at Ned Community Library; free
Every 1st and 3rd Monday, 1:00pm

BIGfoot Memorial Hikes Led by Lucy meet at Ned Community Center; free
Usually 3rd Friday in Summer, 9:00am

NedKnits at Ned Community Library; free
Second Thursdays, 1:00-3:00pm, Ned Community Library

Pickleball at Nederland Community Center; Ned CC fees
Every Monday, Wednesday, Saturday, 10:00am

Writing Life Stories at Ned Community Library; free
Every 2nd & 4th Wednesday, 1:00pm

OCTOBER MENU

Day	Date	Entrée	Vegetable	Carbohydrate	Salad	Fruit
Mon	10/1/18	Grilled Cheese on WW	Tomato Bisque		Mixed Greens	Grapes
Wed	10/3/18	Portuguese-style Fish Stew		Spanish Rice	Chopped Salad	Flan w Apricot & Almond
Mon	10/8/18	Mustard/Balsamic Pork		WW Roll	Greek Salad	Orange
Wed	10/10/18	Vegetable/Lentil Shepherd's Pie			Mixed Greens	Fruit Salad
Sun Brunch	10/14/18	Chicken Pot Pie w Carrot/Peas/Potatoes			Spinach Salad w Egg/Onion/Mushroom	Pear
Mon	10/15/18	Beef w/Broccoli Stirfry	California Vegetables	Brown Rice		Banana
Wed	10/17/18	Roast Turkey		Baked Potato/WW Roll	Green Salad	Peaches
Mon	10/22/18	Chicken Saag		Jasmine Rice	Green Salad	Pineapple/Grapes
Wed	10/24/18	Sweet & Sour Pork	Broccoli	Brown Rice	Green Salad	Apple
Fri MPL Dinner	10/26/18	Beef Fajitas w Cheese, Sauteed Peppers/Onions	Black Beans	Spanish Rice / Flour Tortillas	Mixed Greens w Tomato	Flan w Berries
Mon	10/29/18	Tuna Salad	Roasted Veg Salad: Root Veggies, Tomato, Kale	WW Roll		Strawberry/Grapes
Wed	10/31/18	Beef Stew w Carrots & Potatoes		Corn Bread	Spinach Salad	Pear

All ages of adults are welcome at all events, attended mostly by folks over age 50. Find information and sign up for all Mountain Peak Life events at [303-258-0799](tel:303-258-0799) or www.Meetup.com/Mountain-MidLife-Social-Group or by email at NederlandAreaSeniors@gmail.com.

Serene Karplus, Director
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