

“Stand Up, Stand Out, Stand Proud”

Colorado Prime Times

Serving the Denver Gay Community for 32 Years

Volume 32, Number 11

November, 2019



The Colorado Prime Times
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and Coordinators
Phone numbers and e-mail addresses
can be found in your Roster

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COLORADO PRIME TIMERS
Published monthly by the
Colorado Prime Timer Chapter

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Holiday Cheer Is Where You Find It!!!

It has been said, many, many times . . . the only thing we **have** to do in our lives is pay taxes and die!

Well, let me add, whether you like it our not, you are faced with the mad scramble . . . even before Halloween is over, of *Thanksgiving* and *Christmas*.

Just the thought of being home for the holidays can make you feel warm and wonderful. But being home alone is another story altogether.

Being single and a senior for the holidays can be really brutal. The gathering and giving among families and couples can make them feel even more alone.

Most people grow up in a home in which they take holidays as a time for celebration of family. As you get older, leave the family home and embark on a lifestyle that mostly precludes family life, look around and see so many families getting together, you begin to feel pretty isolated, especially if you're alone. Then there shines a big spotlight on the fact that you don't have a major community of friends and family around you and you begin sinking into your loneliness. But, you don't have to resign yourself to the holidays' being a winter wasteland. Think about all the activities that the Colorado Prime Timers provide for you. As a member, you can join members of the Prime Timers on Christmas Day for a free lunch at the Golden Corral.

Think about what's positive in your life right now, and take an inventory of these positives. Yes, you are lonely, but most of you have your health, maybe a job, a relationship, friends, a purpose in life. Focus your attention on the future and setting goals for the next year. Get involved with your Colorado Prime Timers. This can give the holiday season a positive spin.

Get hold of 2020 because 2019 is over and you want to cut loose from it

Here is a new watchword for a lot of people: FIDO

(continued on next page)

Forget It, Drive On). Look at the prospects and opportunities. Focus on new strategies that can make 2020 great.

Any time you're in a bad state, you're more vulnerable to poor judgment, especially if you say to yourself: "*The problem is, I'm all alone. Who can I be with?*" How about getting with members of the Colorado Prime Timers. There is always something going on. Always something for everyone to get together with friends.

Here are a few solutions for the holiday blahs:

Forgive yourself. All of your mistakes and regrets are in the past. Move on. Turn the page.

Singleness as a stage. Use this precious time to discover what makes you happy, and what kind of people you want around you in your life.

Accept yourself. You don't need to be anyone other than YOU! There is no greater feeling than friends loving you just the way you are, warts and all.

Unpeel labels that limit you. You are not your balding pate, sagging gut, creepy neck, trifocals or your ears. These are excuses. Your spirit defines you.

See friendship as a priority. Realize that friendships need to coexist to form a foundation on which a friendship can endure.

Don't clutter your life with people you don't like or who make you feel uncomfortable. Make room for good ones.

Exercise your funny bone. Laugh at the absurdity of the situations and people you meet, and you'll survive with bozos. Laugh at life and others will smile with you.

Accept cycles. The lonely times will pass quickly by finding solace in friendships and supporting others. Show genuine interest in others. Listen to people; remember the things they tell you and your sincere attention will mean more to them than fancy cars and fabulous and sexy looks.

Did you know there is place that you can practice these solutions? Certainly, right here in the Colorado Prime Timers.

I sincerely hope all of you have solved these little holiday problems and will come and enjoy time spent with your fellow Prime Timers.

Dick Moore

The Colorado Prime Timers is proud to give a BIG



to our new members
Mark Eldridge Stan Griffith
Tom Johnson
We now have 165 members

**SEPT./OCT. LUNCH
ATTENDANCE**
September 25-46
October 2-42
October 9-66 October 16-49

SEPTEMBER FINANCIAL REPORT

REVENUE	
Membership Renewals	\$260.00
Monthly total revenue	\$260.00
EXPENSES	
Comp lunches	\$110.22
Newsletter printing	\$75.00
Social Media meeting	\$33.96
Annual picnic	\$245.00
Monthly total expenses	\$464.18
Net Monthly	\$204.18
Month-end checking balance	\$3155.64
Savings balance	\$7894.25
Savings interest	\$0.65
Total in both accounts	\$11049.89

THE PURPOSE OF THE COLORADO PRIME TIMERS

As a local Chapter of Prime Timers Worldwide we provide mature gay and bisexual men (and their admirers) opportunities to gather in a supportive atmosphere, and enjoy social, educational, and recreational activities.

We create a diverse amount of events. We insure affordable events so that every member can find interesting activities with which to be able to actively participate and enjoy the camaraderie with other older gay and bi-men.

The organization is not a religious or political

organization. However, it is concerned with the impact that social, economic and political changes have on us as aging gay and bisexual men.

Prime Timers Worldwide is an organization with more than 8000 members in 78 Chapters in cities throughout the United States, Australia, Canada, Israel and 37 states out of the 50. Your membership in the Colorado Prime Timer's Chapter entitles you to privileges in any of the Chapters of the Prime Timers Worldwide organization. The contact information for each Chapter is available to download. The Prime Timers Worldwide web site: www.primetimersww.com.

FOR YOUR INFORMATION Newsletter Ad Rates

Ad rates are for 3X2-inch (business card size) black and white or color are \$10.00 per month; \$35.00 for 4 months; \$50.00 for 6 months; and \$100.00 for 12 months. Ads are required to be paid for at the beginning of the year (January 1.) Noncommercial ads are free to CPT members. Members may also share personal items such as wedding, anniversary, illness, and deaths free of charge. To advertise contact the Newsletter Editor, Dick Moore, at 720.447.5429. or e-mail operaghost198838@yahoo.com. Any attachments or art work must be sent to Dick jpg.

Membership Dues

Yearly membership dues are \$20.00 per member. Dues are due payable when you join and yearly dues are paid on your anniversary date and no later than 30 days after that date. You can send your payment to Colorado Prime Timers, PO Box 300274, Denver, Colorado 80203 or you can pay the Membership Director, at any Wednesday Luncheon.

As of July 1, 2019 all membership dues are \$20.00 per member. Couples living at the same address will no longer be able to pay \$25.00 for 2.

LUNCHEON AT THE GOLDEN CORRAL

Don't forget the Wednesday Nooners Luncheon for a delightful lunch and munch brunch experience that meets every Wednesday. **No sign up sheet, no reservations.** Just come and enjoy the food and conversations with your fellow Prime Timers. Guest are always welcome.

The Golden Corral is an American family-style restaurant chain serving breakfast, lunch and

dinner, and featuring a large all-you-can-eat buffet and grill offering numerous hot and cold dishes, a carving station and their Brass Bell Bakery.

Tell the cashier that you are with the Colorado Prime Timers to receive the discounted \$9.23 lunch price. PRICE DOES NOT INCLUDE GRATUITY! Social hour and lunch are 11:00 am to 1:00 pm at South Santa Fe Drive & Hampden

NEWSLETTER DEADLINE

The **December** Newsletter deadline for all articles and activities for the Newsletter **must** be turned into **Dick Moore**, Newsletter Editor by Wednesday, **November 20th** to be included in the **December** edition for delivery on Wednesday, **November 27th**.

Opinions expressed in various columns with Prime Times are the sole opinion of the writer and are not necessarily of the Colorado Prime Timer organization, it's Board or Editor. All articles, dates and times are subject to change.

FUTURE ACTIVITIES

For detail information about each activity or event please refer to the information in this newsletter or use the sign-up sheet at the Wednesday luncheon. Be courteous and RSVP the event's host no later than the reservation deadline. Those who sign-up or RSVP the event's host will guarantee a spot with the group, others will be accommodated as possible. If you RSVP and can't make the event, **contact the host as soon as possible.**

The following are articles, announcements, and of scheduled events for the month of **December**. These events can also be found on the monthly calendar (**see page 11**). If a phone number or e-mail is given, please respond as soon as possible for reservations.

If you need a ride, it may be best to contact other members on the sign-up sheet personally. The event coordinator is not expected to arrange transportation.

E-MAIL NOTICE

Your Colorado Prime Timer webmaster periodically sends a message to all members, primarily to inform everyone when the next newsletter is available on our

website. If you are not receiving these messages it is because we either don't have your email address or we have an incorrect address. Email addresses can be sent to **Ron Hurd** at ron@ronh.org. Also, don't forget to let our **Membership Director, Larry Jeffries**, know of any changes in your profile, Send to lejeff40@aol.com

SHARE YOUR THOUGHTS

Is there something you would like to share with your fellow Prime Timers? Are you aware of news, health information, or upcoming community events? Do you kudos for a fellow Prime Timer? Questions for the Board?

Let us know about it. Send us an e-mail. We'll be happy to print your contribution. Send your questions, comments, pictures, or news to **Dick Moore** at operaghost198838@yahoo.com.

PRIME TIMERS OUT N' ABOUT

COFFEE TIME

When: Every Monday. Time: 8-10 am.
Where: Paneras, 640 S. Colorado Blvd.
When: Every Tuesday.
Time: 10 am till noon. Where: The LGBT Center, 1301 East Colfax.

NIGHT ON THE TOWN

Charles McDonald: Coordinator
When: Tuesday, November 5th.
Time: 6:00 pm
Where: The Golden Shanghai, 1412 South Parker Road, A134, 80231.
Cost: \$3.50 to \$15.95
INFO: A tranquil Eastern decor & menu spanning China, Japan, Thailand & Vietnam, with adventurous options.
Call or email: Charles at 720.309.3696 or chefcharles@gmail.com to RSVP or use sign up sheet at lunch.
Reservations MUST be made no later than Wednesday, October 30th.

BOARD MEETING

Dick Moore, President

When: Wednesday, November 6th.

Time: Right after lunch.

Where: Golden Corral, 3677 S. Santa Fe Drive.

Agenda: Treasurer's Report; Membership Report; Activities Report; Christmas Party and anything else we care to talk about.

MEMBERS ARE WELCOME AND ENCOURAGED TO ATTEND.

OVER-EASY BREAKFAST

Darrell Freeland: Coordinator

When: Saturday, November 9th.

Time: 9:00 am.

Where: Charlie Brown's, 980 Grant St. 80203.

A Denver historical landmark. Amazing food including Mexican and American.

Cost: \$6.95 to \$16.95.

Call or e-mail: Darrell at 303.789.3897 or e-mail dfreeland@q.com to RSVP or use sign-up sheet at lunch, **no later than Wednesday, November 6th.**

HAND, KNEE, FOOT CARDS

Ken Krout: Coordinator

When: Monday, November 11th.

Time: 12:00 pm to 5:00 pm.

Where: 4002 Newton St., Denver

Host: Paul Hubble

Call: Paul at 303.477.5063 to RSVP or use sign-up sheet at lunch.

Limit 12. Make reservations no later than Wednesday, November 6th.

BOARD MEETING UPDATE

Dick Moore: President

When: Wednesday, November 13th.

Time: 12:00 pm.

Where: The Golden Corral, 3677 Santa Fe Drive.

Agenda: Dick will report on the October Board Meeting, Treasurer's Report; Membership Report; Activities Report; and anything else he wants to talk about.



TRADE BEER BUST

Charles McDonald: Coordinator

The last Beer Bust for the year at the Trade will be on Saturday, December 28th, 3:00 pm to 7:00 pm.

Volunteers of course are always needed. Probably looking at 5 to 6 for the four hours. Volunteers should plan on staying for the duration of the Beer Bust to receive volunteer credit. A sign-up sheet is out.

If you have a Colorado Prime Timer t-shirt, please wear it. Dick has buttons for those not having a t-shirt. If you have a button, wear it.

If you're not volunteering, as a member, you should show support for the organization. We're raising money for you.

Happy Birthday

Larry Nelson, 1st
Tom Donnelly, 2nd
John Hartshorn, 2nd
Al Grinestaff, 4th
Jaris Thomas, 4th
Bill Pearce, 9th
Jack Boettcher, 9th
Fred Erb, 12th
Marty Siemion, 16th
Tom Silagy, 22nd
Marv Alberty, 23rd
Ron Hurd, 25th
Michael King, 27th
Allan Jorgensen, 30th
Kevin Olson, 30th



Free lunch card to be used at a later date if you attend lunch that Wednesday of your birthday!!

FOOD BANK DONATIONS

A reminder to all members - the first Wednesday of the month, members are asked to bring in a food bank donation if they are able. Phil Wade with MCC of the Rockies Food Pantry will be with us on that Wednesday to collect donations. The Food Pantry can use perishable and non-perishable food items plus hygiene/bath items,

deodorants, oral care items . . .
.toothpaste, tooth brushes,
mouthwash and infant/child supplies
(diapers, wipes, etc.)

HAND, KNEE, FOOT CARDS

Jim Mickel, Reporter-At-Large

October 14th found 10 Prime Timers enjoying another Hand, Foot, Knee card day at Al Grinestaff's home. As always, a delightful fun filled day. What a great host, Al is.

As always, lots of munchies. Al had bought tamales, Mike brought a chocolate cake was brought to help celebrate Tom Dearth's belated 79th birthday. Tom brought a long sub that was cut into small sandwiches and Jim made bake beans and also there was the usual array of desserts.

There were 2 tables of four playing canasta, and one tabled played two games, the other played four games. Hard to figure how those cards will fall. Lots of conversation which made for a great group and afternoon.

Next month will be at the home of Paul Hubble on Monday, November 11th.

Thank you, Ken, for keeping this going, those phone calls do help remind everyone.



66 MEMBERS AND FRIENDS ATTEND THE WEDNESDAY, OCTOBER 9TH LUNCHEON

On Wednesday, October 9th at our luncheon at the Golden Corral, 66 members and friends gathered to greet **Ted Carnes**.

Back in April of this year, Ted suffered a severe stroke and has been in assisted living at the Sunshine Senior Living facilities.

The special visit by Ted was arranged by Charles McDonald and assisted by 3 of the caretakers at the Sunrise facility.

Ted was greeted by many who visited with him and said hello. **Pictures next page.**

NOVEMBER, 2019

Page 5





Photos by Ron Hurd

NOVEMBER, 2019

COLORADO PRIME TIMER'S
ANNUAL
CHRISTMAS PARTY

Saturday, December 14, 2019
11:00 am to 2:00 pm

MAGGIANO'S RESTAURANT

500 Sixteenth Street (at The Pavilions)
Underground Parking \$7.00



Family Style Dining

APPETIZERS

Crispy Pepperoni Risotto Bites Crispy Zucchini Fritte

SALAD

Chopped Apple and Walnut Salad

ENTREE

Braised Beef with Pasta

Chicken Marsala

Braised Beef Contadina

DESSERT

Cream Puff with Candy Cane Ice Cream

Apple Constada

Cash Bar

Wine: \$8.00; Well: \$7.00; Beer: \$4.50 Imported Beer: \$5.50

Special Door Prizes 2020 Calendars Entertainment

NO WALK-INS, YOU MUST MAKE A RESERVATION
NO LATER THAN WEDNESDAY, DECEMBER, 11, 2019



Dick Moore, President

LET ME FINISH. . .

Mother Always Told Me . . .

“You don’t have to like everybody, but you do need to learn to get along!”

As a result, over the years, I’ve developed a list, a “*Ten Commandments of My Life*,” which makes my everyday life a little less guilt-ridden. In fact, it’s improved my life. I won’t have to spend my time apologizing for what I should have done in the first place.

Be Respectful. This includes respect for other people’s property, ideas and time. Frankly, this commandment should cover everything.

Follow Through. If you promise to do something, **do it!** No ifs, buts or maybes. No excuses, no whining. You are only as good as your word.

Think Before You Speak. Don’t say whatever is on your mind, unless you want your mindless thoughts to come back and haunt you.

Help Out. So what if it’s not in your job description. If you have an opportunity to be useful, jump at it, even if the rewards are not forthcoming.

Learn Something New Every Day. It could be a new skill, or maybe the latest developments in an organization. You have millions of brain cells waiting to work for you.

Pay Attention. Not the gossipy stuff, of course, but the really good stuff; new ideas and so on.

Ignore Pettiness. Rise above it or you’ll be dragged down with it. There will always be someone who will make a mountain out of a molehill. It should not be you.

Be Patient. Not to be confused with tolerating incompetence, this commandment covers a multitude of situations. What will you gain by losing your cool? I’m not a

patient guy by nature, so I’ve already had to work at this one. If I can do it, so can you.

A Good Attitude Is Up To You. It takes a lot for the world to come to an end, so don’t act like it’s happening every day. Be encouraging, be cheerful. Bad attitudes are contagious. The good news is that positive attitudes are catching, too.

Do Your Best. Like commandment #1, this should also cover just about everything. No one asks you to do more. It’s important to decide early on how you will conduct yourself. I’ve always said that perfect practice makes perfect.

Dick’s Moral. Some rules are made not to be broken!!!!

SOME FOOD FOR THOUGHT

With the holidays soon approaching, it is a time of friendliness and good cheer toward our fellow man. We’re a bit more outgoing and pleasant to others . . . we smile more, we tend to chat up strangers more, we’re kinder to others behind the steering wheel and yield the right of way graciously more often.

Then comes the dark, cold bleak months of January and February, Scrooge returns. That warm, fuzzy feeling of the holidays is out the door in a snow bank somewhere. Cabin fever and short tempers reign supreme. If you even dare mention something about peace to men of good will, someone is sure to bite your head off.

What say this year we do things a bit differently? Keep that holiday smile and flash it at some unsuspecting victim out of the blue. If some twit cuts you off in traffic, just give him the peace sign and go about your business. And if some really obnoxious S.O.B. insists on reaming you a new butthole, just wish him a “*Happy Holiday*” and walk away.

Gentlemen, the spirit of the holidays is something to be practiced year long. If we keep that in mind, perhaps we’ll feel better about ourselves and those around us yearlong also.





Special Activities Coming Up



Beer Bust at Trade
3 pm to 7 pm
Saturday Dec. 28th



Annual Christmas Party
Saturday, Dec. 14



Free lunch at Golden Corral
Wed., Dec. 25th
FOR MEMBERS!!!!



Sheila's Pet Pampering
No one loves your pets more!

Sheila Keathley
Pet Whisper
720.209.5725



sheilakeathley@gmail.com
\$35 for the 1st pet and
\$10 for each additional pet
FREE house sitting included

Colorado Prime Timers Newsletter is available on the club web site and can be downloaded by members who do not attend the Wednesday Luncheons. Printed copies are available at the Wednesday Luncheon while they last to any member who does not have online access.

WELLNESS CHECK CALL

Would you like to receive and/or make a **Wellness Check Call** each morning.

Have someone with a schedule similar to yours to pair with and phone one and another every morning at the same time.

If you would like more details and to be added to the list, phone **Joe Rotello** at 303.422.8712.



We are now on facebook, The link is: fb.me/coprimetimers

Need

Designer Men's Underwear,
"Adult Toys" & Necessities...

135 Broadway
Denver CO
303.722.0969

135 Broadway, Denver, Co 303.722.0969

New Look Dry

Carpet & Upholstery Cleaning

Featuring
Green Seal Certified

HOST

hostdry.com

Dry-Cleaner for Carpets

Clean-Dry-Soft-Fresh & Ready To Use!
Upholstery dry-cleaning by hand

Bruce Ruser

bruser_us@yahoo.com Est. 1990

303-697-1584



NOVEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2
					Birthday Larry Nelson	Birthdays Tom Donnelly John Hartshorn
3 	4 Birthdays Al Grinestaff Jaris Thomas	5 Night On The Town	6 Lunch Food Bank Board Meeting	7	8	9 Over-Easy Breakfast
10	11 Hand, Knee, Foot Cards 	12 Birthday Fred Erb	13 Lunch Board Update	14	15	16 Birthday Marty Siemion
17	18	19	20 Lunch 	21	22 Birthday Tom Silagy	23 Birthday Marv Albery
24	25 Birthday Ron Hurd	26	27 Lunch 	28 Thanks- giving 	29	30

The Colorado Prime Times
PO Box 300274
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