

Fort Collins Chapter 256 - 2025 Monthly Lunch Programs

NARFE Members and Guests are welcome to attend monthly lunch meetings.

When: Chapter 256 meetings are held on the **3rd Monday of most months.**

Where: Meetings are at the Elks Club at 1424 East Mulberry Street (CO Highway 14), just northwest of the intersection with Link Lane.

Format: Doors open by 11:00, with a buffet lunch from about 11:30 until 12:00, followed by a guest speaker from 12:00 until about 12:45, and then a short business meeting until 1:15 adjournment.

Programs: A variety of programs are provided. Our past, current, and future programs are listed on our Chapter 256 web site: **www.narfe256.com**

Reservations: Reservations for the lunch are requested by the prior Thursday, and the cost currently is \$10.00 payable at the door. The Chapter is currently subsidizing the full lunch cost for attendees. Reservations are made by phone to Carol Ayer at (970) 224-2345; or you can email her at:

cayer9653@gmail.com or rsvp@narfe256.com.

Note that if you make a reservation and do not show up and pay you are still responsible for the full lunch cost (currently \$10.00). You can cancel a reservation by the Thursday before the meeting date.

2025 Monthly Program Schedule: Fort Collins, Chapter 256

January 20, 2025

NOTE this Luncheon and Program were canceled due to extreme temperatures and snow.

Chapter Annual Membership Business Meeting is always held at the January lunch.

February 17, 2025

Title: Federal Cuts and Impact on Forest Fighting and Forest Services

Speaker: Cass Cairns

Overview: Cass filled in last minute for our scheduled program. She discussed the latest activities impacting local Forest Service employees and activities.

March 17, 2025

Title: Foot Care for Seniors

Speaker: Jason Bradshaw, Board Certified Orthotist.

Overview: How our feet change as we age and how to mitigate the negative impacts of those changes.

April 21, 2025

Title: The Perfect Storm: When Drugs and Supplements Collide

Speaker: Haley Huddleston, PharmD (doctor of pharmacy).

Overview: This presentation will explore the topic of drug and supplement interactions, highlighting how these substances can sometimes cause harmful effects when taken together. We'll begin by discussing the legal and logistical differences that separate drugs from supplements, explaining why regulations for each category vary. Next, we'll dive into why certain combinations of drugs and supplements can lead to dangerous side effects, and what to watch out for. Finally, we'll offer practical advice on what to consider and how to approach adding a new dietary supplement to your routine safely.

May 19, 2025

Title: Public Media: Past, Present, and Future

Speaker: Tammy Terwelp, President & CEO of KUNC
& The Colorado Sound

Overview: Public media has played a crucial role in informing and engaging communities for over half a century. This presentation explores its origins, beginning with the 1967 Public Broadcasting Act, and how the unique structure of public media has shaped its growth and service, and takes a look into the workings of your local station, KUNC and The Colorado Sound.

June 16, 2025

Title:

Speaker:

Overview:

July 21, 2025 – 5:00 pm

ANNUAL CHAPTER 256 Afternoon/Evening PICNIC

Cost is estimated at \$10.00 per person, with the rest getting subsidized by your Chapter 256.

Where: This event is at the Elks Lodge, outside if weather permits. 1424 East Mulberry Street.

Menu: The menu is BBQ Chicken, potato salad, green salad, dessert, coffee and iced tea. All prepared by the Elks Lodge. You do not need to bring anything other than yourself and any guests that are interested in NARFE.

What: This is our event to just meet, eat and chat! We are accepting RSVPs as normal each month.

August – No Lunch, Meeting or Program

September 15, 2025

Title:

Speakers:

Overview:

October 20, 2025

Title:

Speaker:

Overview:

November 17, 2025

Title:

Speaker:

BIO:

December 15, 2025

Topic: *The Senior Serenaders, a local musical and Vocal Group.*