

JUNE SENIOR SCOOP

News and Views from the Council on Aging



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THANK YOU DONORS!!

Donations Received April 2016

City of Steamboat Springs

Patricia Crawford

Doc and Marsha Daughenbaugh

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Impact 100 fund of the Yampa Valley

Community Foundation

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Community Foundation

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Molly Waters



**June is great outdoors
month! Get outside
and enjoy the green!**

June 2016

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Routt County Council on Aging is a non-profit that has been dedicated to meeting the needs of Routt County's senior citizens since 1977



Spring Fling
 **Luau**
May 2016





Know the 10 Signs: Early Detection Matters

Presented by: Alzheimer's Association Colorado Chapter
Class by Katie Fahrenbruch, M. Ed. Regional Director

This program offers insight about the 10 Warning Signs; what is a typical part of aging and what is not. The course also dispels current myths and misperceptions about the disease and how to move toward getting a diagnosis.

Knowing the 10 Warning Signs is an important first step if you have concerns about your own memory loss or that of a friend or loved one.

The presentation will also cover information about lifestyle choices including diet, exercise and socialization and their impact on your risk for Alzheimer's.

When: Tuesday, June 14th, 2016

Time: 2:00—3:30 p.m.

Where:
Steamboat Springs Community
Center

1605 Lincoln Ave

RSVP: (970)472-9798



alz.org® | **alzheimer's association®**

A special Thank You to everyone who volunteers for us...

Meals on Wheels Delivery Drivers

Sandy Berger
Tanna Brock
Kayt Gary
Marion Gibson
Bob Larson
Vi Look
Tosia Sauter
Tom Swissler

May Speakers

Yampa Valley Fiberworks-Lorrae and
Lewis Moon
Jenny Thompsen-dietician
Barbara Bronner-Heli Hiking the
Canadian Rockies

Other Volunteers

Mary Monger
Chris Stillwell
Dave and Linda Tipton



Thank You!

Thank you John
Sant'Ambrogio
for our special
spring fling
performance!!

**Come enjoy popcorn
and a movie!!**

The Quiet Man

Thurs., June 2

4:00pm

RSVP:

879-0633



In honor of Great Outdoor Month –Blaze a trail to wellness

Blaze a trail to wellness, but start slowly. If you have not been exercising, choose something low impact that you can do a little at a time. Walk for 10 minutes in the morning and the afternoon. Sign up for a Tai Chi class, or learn some gentle stretches.



Exercising is less of a chore when you do it with people you enjoy. Involving others will also hold you accountable. Gather a group of friends or join a class that offers what you are looking for.

Activity is important, but nutrition is equally vital. Keep an honest record of what you eat to see how you are feeling. If you have a condition like diabetes, always consult your doctor before changing your diet. Nutritionists or dietitians are an excellent resource, whether you have special dietary needs or not.

Wellness is a matter of body and mind. Eating healthy foods and staying active may reduce risk to your brain's health. Do even more by learning new things and exercising your mind. Try reading, playing games, taking a class, or simply being social. Add life to your years! Stay motivated by picking goals that will bring you joy.

Provided by
Administration
for Community
Living



Wednesday, June 8th



**Leaving from the
Steamboat Springs
Community Center at
9:30am, returning by
4:00pm**

**Suggested donation \$5
Reservation Required
970-879-0633**



**It's time to go
shopping in
Craig, CO!**



Our birthday list is compiled from completed consumer assessments. Please accept our apology if your birthday is not listed, and see April to complete a current consumer assessment.

6-2 Patricia Crawford

6-3 Van Fletcher
Bert Kempers

6-5 Neva Ebaugh
Marylin Frentress

6-9 Elaine Cohen

6-14 Pat King
Joanne Stanko

6-16 Joann Lombardi
Jen Muhme

6-18 Mary Silva Carrouth

6-19 June Wright

6-28 Connie Livengood
Catherine Voorhees

6-30 Maybelle Chotvacs



Happy June Birthdays!

Use these clues to name Cities and Towns of Colorado

- | | |
|------------------------------|--------------------------------|
| 1. More Mild _____ | 9. Path with Fawn _____ |
| 2. Dancing City _____ | 10. Paddle Wheeler _____ |
| 3. Kings of the Jungle _____ | 11. Penny Uplift _____ |
| 4. Green Table _____ | 12. Red Fountains _____ |
| 5. Heavy Town _____ | 13. Wee City _____ |
| 6. Large Rock _____ | 14. A Prison Flower _____ |
| 7. Fine Silver _____ | 15. A Rifle's Male Child _____ |
| 8. Add "ly" to Stove _____ | 16. Bridal Headpiece _____ |

Congratulations to our May Master Puzzle Solver! Karen Leslie

Would you like to have your name published as a **"Master Puzzle Solver"**? Would you like to win a **FREE LUNCH**? Submit your answers at any meal site and you may be chosen as our monthly **"Master Puzzle Solver!"** (Our monthly winners will be drawn from all submitted correct answers.)

SUPPORT OUR SENIORS



To subscribe to our monthly newsletter or see a calendar of events, please visit

www.rccoaging.org

“Like” us on Facebook



Please Share!

Our newsletter reaches at least 600 people in Routt County-most of them seniors. If you know of a service or program that would benefit them, we'd be glad to make note of it in the Senior Scoop, or have them present at a meal site. Please submit all items by the 15th. 970.879.0633 or email april@rccoaging.org.



The Routt County Council on Aging can only achieve its goals with the assistance of generous donations from members and organizations of our community. Without these donations, serving those in our area would not be possible.

We've learned that exciting programming brings new people into our dining rooms for lunch and onto our vans for rides. In 2015, our core nutrition and transportation programs thrived. In our Steamboat dining room alone, we are serving an average of 32 seniors each day.

Since our organization relies on the generosity of individuals like you, we ask you to consider a donation to our cause. All gifts are meaningful!

PLEASE MAKE YOUR DONATION TODAY!

Donations will benefit the nutrition, transportation and recreation programs of RCCOA

Name: _____

(Please print name as you would like it to appear in RCCOA publications)

Mailing Address: _____

City, State, Zip: _____

Email Address: _____

Phone Number: _____

Gift Amount: _____

THANK YOU!

We happily accept cash or checks payable to RCCOA or donate online www.rccoaging.org

STEAMBOAT

Intro. to Movement & Exercise

Mondays, 2:30 - 3:30 pm
Mountain View Manor Apts.

Intro. to Movement & Exercise

Wednesdays, 3 - 4 pm
Selbe Apartments

Movement & Exercise

Thursdays, 10:30 - 11:30 am
SS Community Center

Advanced Movement & Exercise

Mondays, 10:30 - 11:30 am
SS Community Center

Beginning Tai Chi for Health

Tuesdays, 9:30 - 10:30 am
SS Community Center

Advanced Tai Chi for Health

Tuesdays, 10:30 - 11:30 am
SS Community Center

AGING WELL FITNESS

SOUTH ROUTT

Movement & Exercise

Mondays, 10:45 - 11:45 am,
SR Community Center

Movement & Exercise

Wednesdays, 10:45 - 11:45 am
SR Community Center

Movement & Exercise

Mondays, 9:30 - 10:30 am
Yampa Town Hall

HAYDEN

Movement & Exercise

Thursdays, 11 am - Noon
Haven Community Center



Drop ins welcome!

*\$3 suggested donation per class,
unless otherwise noted.*

SENIOR WELLNESS CLINICS

Drop ins welcome! Donations appreciated!

STEAMBOAT SPRINGS

Mtn. Manor Senior Apartments: 1:30 - 2:30 pm
2nd Wednesday of the month

Steamboat Community Center: 11:30 am - 12:30 pm
3rd Tues of the month

Selbe Senior Apartments: 2:30 - 4 pm
4th Wednesday of month

OAK CREEK

South Routt Community Center: 10:30 am - Noon
4th Monday of the month

HAYDEN

Haven Community Center: 9 am - Noon
2nd & 4th Wednesday of the month

**Your donations help ensure these services continue.
No one will be refused service due to
inability to pay or donate.**

FOOT CARE CLINICS

Appointment required: 970-871-7676.

\$20 per visit unless otherwise noted

STEAMBOAT SPRINGS

Steamboat Community Center: 8:30 - 11:30 am
2nd Tuesday of the month (\$20 donation
appreciated)

VNA Community Health Center: 8:15 am - 12:45 pm
4th Tuesday of month

OAK CREEK

South Routt Medial Center: 9 am - 3 pm
3rd Monday of the month

Oak Creek Senior Apartments: 9 - 11:30 am
1st Monday of April, June, Aug, Oct. and Dec.

HAYDEN

Haven Community Center: 1:15 - 2:45 am
Wednesdays

YAMPA

Yampa Town Hall: 1:15 - 3:30 pm
1st Monday of April, June, Aug, Oct. and Dec.

JUNE EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Memorial Day All Sites Closed	31 Bridge: S.R.	1 Bingo: 12:30 S.R. Foot care: Haven	2 Pizza and a Movie Stmbt: 400	3 Bingo: 1:00 Stmbt
6 Terri Rose –music instructor and performer will share the harp with us	7	8 Shuttle to Craig Bingo: 12:30 S.R. Foot care & Wellness Clinic: Haven	9	10 Bingo: 1:00 Stmbt
13 John Boehecker will share his magic	14 Bridge: S.R. Footcare: SBS Know the 10 Signs: Alzhemier's Assoc. 2:00	15 Bingo: 12:30 SR Foot care: Haven	16 Duplicate Bridge: Stmbt 9:00–4:00	17 Bingo: 1:00 Stmbt
20 Great Outdoors Month presentation Wellness Clinic: S.R.	21 Wellness Clinic: Stmbt	22 Foot care 9:00 Bingo: 12:30 S.R. Foot care & Wellness Clinic: Haven	23	24 Bingo: 1:00 Stmbt 
27 The Strings Music Festival brings us the Coventry Quartet	28 Bridge: S.R.	29 Bingo: 12:30 S.R. Foot care: Haven	30	1 Bingo: 1:00 Stmbt

The Monday speaker series is at the Steamboat Springs Community Center at 12:30 pm. See page 8 for the complete schedule of exercise classes, foot care and wellness clinic times. Contact April at 879-0633 with any questions or ideas.

SENIOR EAT *and* GREET


 June 2016

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Memorial Day All Sites Closed	31 Sloppy Joe Sweet Potato Cauliflower Broccoli Tossed Salad Cookie/Ice Cream	1 Sloppy Joe Sweet Potato Cauliflower Broccoli Tossed Salad Cookie/Ice Cream	2 Turkey ala King Veggies Biscuit Tossed Salad Jello	3 Bean Burrito Spanish Rice Squash Pineapple Cake
6 Beef Tacos Spanish Rice Beans and Corn Tossed Salad Fruit	7 Lasagna Green Beans Tossed Salad Garlic Bread Fruit	8 Ribs Corn Potato Salad Coleslaw Peach Cobbler	9 Ribs Corn Potato Salad Coleslaw Peach Cobbler	10 Chicken Sandwich Mashed Potatoes Peas and Carrots Apple
13 Beef Chili and Cheese Burrito Spanish Rice Pinto Beans Fruit	14 Turkey Cobb Salad Cornbread Cantaloupe Apple Crisp	15 Turkey Cobb Salad Cornbread Cantaloupe Apple Crisp	16 Veggie Stir Fry Rice Pilaf Eggroll Fruit Trail Mix	17 Pulled Pork Sandwich Green Beans Sweet Potato Oranges Coconut Cream Pie
20 Bratwurst Sauerkraut Potato Salad Tossed Salad Watermelon Cookie	21 Summer Veggie Soup Chicken Salad Wheat Roll Cantaloupe Apple Pie	22 Flank Steak Mashed Potato Gravy Squash Italian Bread Raspberry Sherbet	23 Flank Steak Mashed Potato Gravy Squash Italian Bread Raspberry Sherbet	24 Salmon Cakes Green Beans Grits Wheat Roll Mixed Berries Ice Cream
27 BBQ Chicken Baked Potato Biscuit Fruit Salad	28 Tuna Wrap Tomato Soup Crackers Deviled Eggs Ambrosia Salad	29 Tuna Wrap Tomato Soup Crackers Deviled Eggs Ambrosia Salad	30 Vegetable Pasta Primavera Spinach Salad Wheat Roll Strawberries and Bananas	1 Cabbage Rolls Green Beans Tossed Salad Apple Sauce

Please call 970-879-0633 24 hours in advance for reservations.

Milk, Tea, & Coffee are offered with all meals. Nutrition analysis is available upon request.

Lunch is served at noon at the following locations: **Hayden/American Legion Hall**

South Routt/ South Routt Community Center

Steamboat Springs/ Steamboat Springs Community Center