



Senior Scoop

News and Views from the Council on Aging

February 2024

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ROUTT COUNTY
COUNCIL ON AGING

Sometimes I think February is pretty sneaky. Where does it come from? Keeping its head tucked low, very slowly it gets down on all fours, creeps forward, then settles right on in as if invited! Does it think no one will notice?

February of course means lots more snow, cold, freeze, thaw, sun, gray, shoveling, reading and TV. Maybe it turns into a time to be mellow and contemplate each passing day and reflect on days already spent. Perhaps it's a time to take stock in all we possess and share with others. How about making some contacts like a phone call that's been on the "I gotta do list" for way too long? Is Feb. the time to peruse catalogues displaying travel, apparel, crafts, cooking and gardening ideas? Maybe this even turns into making elaborate plans or simply fun ideas of "what if?"

Back to Sneaky Pete February...The calendar proves it's the shortest month but it sure feels quite long to me as it hovers in a secret place somewhere in between winter and spring. Keep your eyes open! It can also stealthily sneak away!

Happy Valentines Day and wishing you all lots of love!



Jean Levine,
RCCOA Board President

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Steamboat Assistant
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Routt County Council on Aging is a non-profit organization dedicated to meeting the needs of Routt County's senior citizens since 1977.

Valentine's Day

Find and circle all of the words hidden in the grid. The remaining letters spell a popular Valentine's Day item.

P I H S D N E I R F D I P U C A L
 V D H S U R C A C F B A L E N D O
 N Y N T I A E A S O L C T O Y M V
 S R N E N S N L Y E H O I E R I E
 T L E D I D S F A O N T W S A R B
 R E Y S L R R E C T C T L E U E I
 A W S E R I F O N A I A I C R R R
 E E S E E E L L R D S O O M B S D
 H J C N S A V T R O N U N T E D S
 T G D N T O T O P I P O A S F N A
 E N Y E A A R O L L G C F E H I T
 E I S D U M R B E L O V E D B I G
 W L O D R P O A F F E C T I O N P
 S R E M A L F R R E N T R A P A R
 E A Y C N A F O R E V E R L I K E
 R D R O T I U S D N O I T O V E D

ADMIRER
 ADORE
 AFFECTION
 ATTRACTION
 BEAU
 BELOVED
 BOYFRIEND
 CANDLES
 CANDY
 CHOCOLATES
 COUPLE
 CRUSH
 CUPID
 DARLING
 DATE
 DEAR
 DEVOTION
 FANCY
 FEBRUARY
 FLAME
 FLOWERS
 FONDNESS

FOREVER
 FRIENDSHIP
 GIFT
 GIRLFRIEND
 HEARTS
 JEWELRY
 LIKE
 LOVEBIRDS
 LOVERS
 PARTNER
 PROPOSAL
 RELATIONSHIP
 RESTAURANT
 ROMANCE
 ROSES
 SENTIMENT
 SUITOR
 SWEETHEART



			9	6		5		
								4
						1		
		6	8			7		9
5	1		6			4		8
		9	3	8				
7		4	1			3		
6		5	4		7		9	

Sudoku

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Complete and submit these puzzles for a free RCCOA lunch.

Craft a Valentine for your pen pal or your someone special.

Monday, February 5th

12:30 Steamboat CC

Supplies and inspiration provided. RSVP requested.



Presidents Trivia in honor of President's Day

Monday, February 12th

12:30 - 1:15pm

Fine tune your knowledge of nonsense and have fun while doing it. No sign up necessary. Prizes for the winning team.



RCCOA offices and meal sites will be **closed Monday, February 19th** in observance of President's Day.

A Day Trip to Craig

Wed., February 21st 9:00 am - 4:30 pm

Join us for shopping and lunch. Space is limited. Suggested donation of \$5 for those 60 and better. Lunch is not included. Please RSVP to Ellyn at least 72 hours in advance. 970-879-0633.

Play Mahjong

Tuesdays, 1:00 - 3:00 pm

@ the Steamboat Community Center

Mahjong is a tile-based game that was developed in the 19th century in China. It is a game of skill, strategy and luck.



Steamboat Art Museum

Wild West:

Wildlife Masters, Past and Present

Tuesday, February 6th, 1:00pm

Explore the newest exhibit featuring sculptures and paintings of western wildlife by the finest legendary and living artists. Led by coordinator Dona Steele.

Transportation from the Steamboat Community Center available. RSVP 970.879.0633

Dance Vitality:

Embrace the Rhythm of Aging

Presented by Steamboat Dance Theatre

FREE

February 25th, 12-1, Bud Werner Library Hall

February 26th, 10:30-11:30 Casey's Pond

A fun dance event designed for those with mobility challenges or just those who want to move. For more info contact 970.846.5833 or www.steamboatdancetheatre.org

Tea and Talk

Monday, February 26th

12:30 - 1:30 pm

Share an afternoon tea and discussion. "Your first crush"



Do You Knit or Crochet?

Thursdays, 1:00 - 3:00 pm

@ the Steamboat Community Center

Would you like to knit with others and get inspired, share ideas?

Open to all ages! No reservations required.



Wondering about a good choice to make when browsing the Valentine's Day candy selection? Dark chocolate is one choice that does come with some health benefits!

The reason that dark chocolate can benefit your health is that it contains flavanols, which are found in cocoa beans. Flavanols have antioxidant and anti-inflammatory properties. These properties can reduce some risk factors of heart disease- such as slightly lowering blood pressure, lowering cholesterol and improving overall vascular function. In addition, some research has linked chocolate consumption to reduced risks of diabetes, stroke and heart attack. But more research is needed to confirm these results.

However, to receive the health benefits it's important to consume dark chocolate. Milk interferes with the body's ability to absorb the antioxidants, so that means milk chocolate doesn't have the same benefits. Also, it's important to remember portion size. Just 1 small square 2-3 times a week, or about a small half bar a week has shown these health benefits. Dark chocolate does contain fat and sugar, so consuming it in moderation is important. You want to look for a chocolate that has a 70% or higher cocoa content. Sometimes it is called bittersweet or semi-sweet chocolate. The best dark chocolate will have chocolate liquor or cocoa powder listed as its first ingredient. Avoid any dark chocolate which has trans-fat or partially hydrogenated oil.



Buyer's Checklist

The best dark chocolate has distinct characteristics, including the following:

1. High in cocoa: 70% or higher cocoa percentage.
2. Cocoa comes first: Cocoa or a form of cocoa is the first ingredient.
3. No unnecessary ingredients: Avoid dark chocolate that contains trans-fat, milk, artificial flavorings, high amounts of sugar and other unnecessary ingredients.
4. No alkali processing: Alkali processing is also known as Dutching. Avoid chocolate processed this way.

Chocolate Dipped Strawberries

Makes 4 servings

Ingredients : 2 oz. dark chocolate
12 Strawberries

- 1.) Line a baking sheet with parchment or wax paper.
- 2.) Microwave chocolate in a small bowl on medium for 1 minute.
Stir, and then continue microwaving on medium in 20-second intervals until melted, stirring after each interval. You may use a double boiler instead, using hot but not boiling water. Stir until melted.
- 3.) Dip half the strawberry in the melted chocolate. Let the excess drip back into the bowl. Place the fruit on the baking dish. Refrigerate until the chocolate is set, about 30 minutes.

Nutrition Information Per serving: 133 calories; 9 g fat(5 g sat); 3 g fiber; 20 g carbohydrates; 1 g protein; 6 mcg folate; 0 mg cholesterol; 14 g sugars; 13 g added sugars; 3 IU vitamin A; 14 mg vitamin C; 4 mg calcium; 0 mg iron; 0 mg sodium; 37 mg potassium

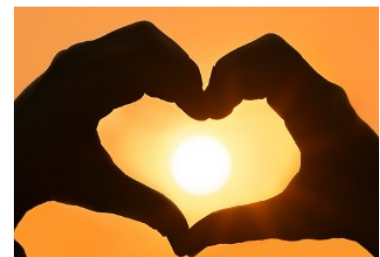
Thank You Donors!

Donations Received December 2023

Kathleen Alexander
Julie Alkema
Marc Allinson
American Legion Post #44
Gary Anderson
Karen Anderson
Anonymous
Anonymous
Cindy Balin
Ben and Lindsey Blonder
Lynne Bier
Susan Bourn
Clara Bradley
Bridge in Steamboat
Bridge Players Benevolent Fund
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Central Park Management
City of Steamboat Springs
Tania Coffey
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Toni Cratsley
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Cynthia Roth
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Trenia Sanford
Tom and Susan Scott
Jim Severson
Cheryl Schliske
Lynn Sidman
Gail Sigman in honor of Jane Romberg
Tom and Elaine Sigman
Pegi Simmerman
Jeanne Schrettner
Lola Schlapkohl
Donald Shindler
Toby Stauffer
Jim and Jo Stanko
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Catherine Voorhees
Terry and Rebecca Wattles
Tara Weaver
Mary Weiss
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Laura Whitehead
Elizabeth Whitmore
Karen Wogsland
Maria Wright in Loving Memory of Tammy Bradshaw
Shea Wright
Wade Wykert
Yampa Valley Community Foundation



Thank You Volunteers! We couldn't do it without you!

Brett Allison
 Joanna Allison
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 Mike Berdine
 Ben Blonder
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 Regina Scofield
 David Selden
 Angela Sherwood
 Pegi Simmerman
 Diana Sperry
 Don Sperry
 Tom Swissler
 Nancy Trimmer
 Michelle Trousil



Tosia ~ A Special Thank You for your MANY years of dedication. You have served so many, so well!



Ignacia G	1	Sue R	11
Joan R	1	Charles K	14
Leonarda V	2	Lorene G	16
Tosia S	5	Maryann O	18
Donna G	5	Don G	20
Karl R	5	Charlotte A	20
Linda R	5	Alaine M	24
Bill S	5	Shirley G	27
Trudy S	8	Marian T	28
Maurice D	11		

If your birthday is not listed, please fill out a recent consumer assessment form. If you wish to refrain from our birthday list, please let Ellyn or April know.

CURRENT SERVICES OF RCCOA



Eat and Greet

Join us at one of our three dining sites!

The recommended donation for meals is \$3.00 for those 60 and better. Space is limited.

Reservations required 24 hours in advance 970.879.0633 xt. 4. See menu and days of service on page 10. Lunch is served at noon.

Meals on Wheels

Any senior 60 years and better can receive a hot, delicious meal delivered to their door. The recommended donation for meals is \$3.00 for those 60 and better.

Reservations required 1 week in advance

970.879.0633. Frozen meals are also available. Meals are delivered around noon.

Steamboat Springs: M, T, Th, F

Oak Creek: M,W,F

Hayden: T, Th

North Routt: Tuesday (frozen meals)

Need A Ride? Call Us.

RCCOA is providing transportation to meal sites and activities, medical appointments, grocery shopping or other errands. Reservations are required 48 hours in advance. Contact Ellyn for information or a reservation. 970.879.0633 xt. 4

Grocery Shopping

Need a ride to the grocery store? Call us 48 hours in advance to request a reservation or provide us with your shopping list and we are happy to shop and deliver things to you. We are also available to pick up and deliver your Rx. Please allow 48 hours for shopping and delivery. We will present a receipt and collect payment upon delivery. Call 970.879.0633 for more information.

Helping Hands

Non-medical home care services and companion care

Available for people who need a little extra help on a weekly basis.

Companion care, light house keeping, laundry, shopping, and meal prep are examples of non-medical services we will be providing. Services will be provided for a suggested donation of \$15/hour. Please call Ellyn with questions or to schedule an assessment. 970.879.0633 xt 4

Do You Need to Borrow Medical Equipment?



RCCOA has wheelchairs, walkers, canes, toilet riser seats, shower transfer chairs, new O2 tubing and miscellaneous other supplies available to borrow for FREE. Call for information or to pick up. 970.879.0633.

Bingo and Bridge

Join us for Bingo

Fri. at 12:30 in Steamboat

Mon. Wed. Fri. at 12:30 in Oak Creek

The 3rd Friday of each month at 11:00 at the Hayden Congregational Church

There are many Bridge sessions at the Steamboat Community Center. Call Sharon for more information, 303.588.9856 or email bridgeinsteamboat@gmail.com. Call Ralph for information about social bridge on Mondays 970.232.0248.

FITNESS CLASSES

**\$3 SUGGESTED DONATION PER CLASS, UNLESS OTHERWISE NOTED.
NO ONE IS TURNED AWAY DUE TO INABILITY TO DONATE.**

Notice: NO CLASSES on Monday, February 19th

SOUTH ROUTT

Arthritis Exercise Association Fitness Class

Mondays, 10:45 - 11:45 am

Arthritis Exercise Association Fitness Class

Wednesdays, 10:45 - 11:45 am

Oak Creek Community Center



STEAMBOAT SPRINGS

Arthritis Exercise Association Fitness Class

Mondays, 10:30 - 11:30 am

Steamboat Community Center

Tai Chi / not instructor led

Mondays, 3:00 - 4:00 pm

Tuesdays, 10:30 - 11:30 am

Steamboat Community Center

Arthritis Exercise Association Fitness Class

Thursdays, 10:30 - 11:30 am

Steamboat Community Center

Yoga for Arthritis

Wednesdays, 10:30 - 11:30 am

Steamboat Community Center

AARP Foundation Tax-Aide Services: Claim Your Colorado 2023 Tabor Refund \$800

Tax Aide Volunteers will begin providing free tax preparation assistance to Routt and Moffatt County residents beginning February 24th through April 13th on most Mondays and select Saturdays by appointment only at the Bud Werner Memorial Library in Steamboat Springs. Moffatt County dates in Craig will be posted soon. Eligible 2023 full-year Colorado residents may claim this refund by filing by the appropriate deadline. The refund is \$800 for one qualifying taxpayer or \$1,600 for two qualifying taxpayers filing jointly.

Tax Aide Volunteers are trained and certified by the Internal Revenue Service. Our trained volunteers will offer free tax return preparation to anyone who needs it, regardless of age or income as long as it stays within the scope of tax law and policies set by the IRS and AARP Foundation.

Please visit www.yvcf.org/taxaide for more information and to learn how to sign up. In addition, you can contact our community partners directly for more information:

Routt County Council on Aging 970-879-0633

Senior Social Center Craig 970-326-3188

For further assistance, you may call 970-425-3855 to leave a message or email 61052703@aarpfoundation.org. A Tax Aide volunteer will reply as soon as possible.

FEBRUARY EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30 Mahjong -Stmbt 1:00	31 Bingo –S.R. 12:30	1 Knitters Circle- Stmbt 1:00 Stepping On - Stmbt 1:00	2 Bingo –Stmbt 12:30 Bingo –S.R. 12:30 
5 Craft a Valentine –Stmbt 12:30	6 Steamboat Art Museum Tour 1:00 Mahjong -Stmbt 1:00	7 Bingo –S.R. 12:30	8 Knitters Circle- Stmbt 1:00 Stepping On - Stmbt 1:00	9 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
12 Trivia—Stmbt 12:30	13 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	14 Bingo –S.R. 12:30 	15 Knitters Circle- Stmbt 1:00 Stepping On - Stmbt 1:00	16 Bingo and Lunch – Hayden Cong Church, 11:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
19 President’s Day All Sites Closed 	20 Mahjong -Stmbt 1:00	21 Bingo –S.R. 12:30 Shuttle to Craig	22 Knitters Circle- Stmbt 1:00 Stepping On - Stmbt 1:00	23 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
26 Tea and Talk- Stmbt 12:30	27 Mahjong -Stmbt 1:00	28 Bingo –S.R. 12:30	29 Knitters Circle- Stmbt 1:00 Stepping On - Stmbt 1:00	30 Bingo –Stmbt 12:30 Bingo –S.R. 12:30

See page 3 for details about scheduled activities.

See page 8 for a complete list of Aging Well classes.

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Mongolian Beef Rice Eggroll Asian Slaw Orange Fortune Cookie	30 Honey Chicken Sweet Potatoes Mixed Vegetables Roll Tossed Salad Orange Cake	31 Chili Relleno Casserole Succotash Tortilla Mexican Salad Cookie	1 Chili Relleno Casserole Succotash Tortilla Mexican Salad Cookie	2 Corn Chowder Chef Salad Crackers Pears Lemon Bar
5 3 Cheese Ziti Italian Vegetables Kidney Beans Garlic Bread Caesar Salad Brownie	6 London Broil Baked Potato Beets Biscuit Tossed Salad Peach Crisp	7 Red Beans & Sausage Rice Corn French Bread Asparagus Salad Orange Cake	8 Red Beans & Sausage Rice Corn French Bread Asparagus Salad Orange Cake	9 Turkey & Cheese Sandwich Minestrone Soup Crackers Mixed Green Salad Cherry Pie
12 Sausage Ravioli Italian Vegetables Kidney Beans Italian Bread Trail Mix Cookie	13 Gumbo Rice Corn French Bread Tossed Salad Orange Chocolate Cupcake	14 Bean and Cheese Burrito Spanish Rice Corn Tossed Salad Pear Vanilla Ice Cream	15 Bean and Cheese Burrito Spanish Rice Corn Tossed Salad Pear Vanilla Ice Cream	16 Chicken Caesar Salad Veggie Sticks Crackers Apple Lemon Bar
19 President's Day All Sites Closed 	20 Teriyaki Shrimp Brown Rice Stir Fry Vegetables Eggroll Asian Slaw Banana Fortune Cookie	21 Teriyaki Shrimp Brown Rice Stir Fry Vegetables Eggroll Asian Slaw Banana Fortune Cookie	22 Chicken Marsala Gnocchi Beets Tossed Salad Garlic Bread Orange Jello	23 Cheeseburger Chips Tossed Salad Strawberry Shortcake
26 Bacon & Broccoli Quiche Texas Toast Green Salad Banana Cinnamon Roll	27 Fish & Chips Green Beans Hush Puppies Slaw Orange Chocolate Chip Cookie	28 Fish & Chips Green Beans Hush Puppies Slaw Orange Chocolate Chip Cookie	29 Shepherd's Pie Broccoli Garlic Bread Spinach Salad Chocolate Ice Cream	1 Chef Salad Split Pea Soup Crackers Grapes Peanut Butter Cookies

Please call 970-879-0633 1 week in advance to request a meal delivered or 24 hours in advance to make a reservation for a meal site. Lunch is served at 11:45am.