



# Senior Scoop

## News and Views from the Council on Aging

December 2024

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Holiday gift giving season is about to descend upon us with a jolt. I am, admittedly, a TV junkie, massively exposed to commercials filled with ideal gift ideas. What could possibly make your loved one happier than a bottle of this? a snuggly wrap of that? a motorized, energized, accessorized bundle of bliss at the low, low price now offered... today only. Don't be late...buy buy buy...worry free! Charge it, and for the moment, pretend it's free!

OR...

Charge your heart instead of your card and give gifts of friendship, compassion and empathy. Perhaps donate to a charity in someone's honor (RCCOA? 🎅 just sayin') Call a friend and go out to lunch instead of buying them a scarf. Go for a walk with a chum and talk about the old days or the new memories to come. Tip a glass of wine, a cranberry mocktail or an eggnog and cheer to sharing passions and ideas. Make some cookies to share and skip the scarf. Play a game of scrabble or a round of cribbage with someone you care for and wish to gift. Then make a plan with a time and place to do it again. Now that's what I call a gift worth giving!

Wishing you all a holiday season full of warmth and peace. Enjoy giving from the heart, not from the purse. After all, at our age, who really needs a new scarf??

Jean Levine,  
Board President



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ROUTT COUNTY  
COUNCIL ON AGING

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

PO BOX 770207, Steamboat Springs, CO 80477 | 970.879.0633 | www.rccoaging.org

	7				6	3		
5			9	7	8			6
								1
4		7	5					
								5
			6		3			
		4	3	5		2	9	
		2	8		7			
8		5		2			6	7

Complete and submit these puzzles for a free RCCOA lunch.

# 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.

## Christmas Carol

Find and circle all of the words related to Christmas carols. The remaining letters spell the name of the carol.

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

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HEAVEN  
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JESUS  
LAID  
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LOOKED  
LORD  
LOVE  
LOWING  
MAKES  
MANGER  
MORNING  
NEAR  
NIGH  
POOR  
PRAY  
SIDE  
SKY  
STARS  
STAY  
SWEET  
TAKE  
TENDER  
THEE  
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THY  
WAKES  
WHERE  
WITH



## Tea and Talk

Tues., Dec. 3rd, 12:15 - 1:15 pm

“What was your favorite Christmas ornament and what is your favorite Christmas Carol?”



## Foot Care

Mon., Dec. 9th

Steamboat Community Center  
Sara Mitchell from Sorella Salon will offer foot care sessions to include foot soak, toenail maintenance and exfoliating scrub. Services to be offered the 2nd Monday of each month. Call for an appointment 970.879.0633. \$20 fee.



## Cookie Exchange

Tues., Dec. 10th,  
12:00pm

Bring a dozen of your favorite cookies to share, and go home with a mixed dozen.



## Lunch and Shopping in Craig

Wed., Dec. 11th

9:00 am - 5:30 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.

## 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?



## Trivia, “data considered to be of little knowledge”

Mon., Dec. 16th

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.



## Wreath Craft

Thurs., Dec. 5th, 12:30pm

Hayden Dining Site

Decorate your door (or a friend's) for the holiday season. Inspiration and supplies provided.



## RCCOA Holiday Closures

Meals will not be delivered on Thurs., Dec. 19th, nor served at the Hayden dining site due to the RCCOA Holiday Party. Please join us at the Steamboat Community Center.

Tues. and Wed., Dec 24th and 25th, and Wed., Jan 1st, RCCOA offices and services will be closed.

Please request any additional frozen meals by December 19th to be delivered Monday, December 23rd.

RCCOA hosts a monthly

## Alzheimer's Association

## Caregiver Support Group

The 2nd Tuesday of each month  
@ Steamboat Springs Comm. Center.

Tues., Dec. 10th, 10:30 am

## Play Mahjong

Tuesdays, 1:00 - 4:00 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.



# Routt County Council on Aging **Holiday Party!!** Food, Friendship, Holiday Cheer, Gift Exchange and Music by Steamboat Folk!



**Thursday, December 19th, 11:30 am - 1:00pm**  
**Steamboat Community Center**

If you would like to participate in the re-gift exchange, bring a wrapped item, already in your home, that you think someone else will enjoy.

No lunch will be served at the Hayden dining site and meals **WILL NOT** be delivered. Please join us at the Steamboat Community Center.

Please RSVP for lunch and transportation by December 12th, 970.879.0633 xt 1.

## Holiday Cranberry Nut Bread

Written by Patti Murphy, RDN Recipe courtesy of [eatingwell.com](http://eatingwell.com)



Looking for a healthier baked good to make and share this holiday season? Quick breads can be loaded with sugar and saturated fat but this lightened up version includes whole grains, less sugar, and heart healthy fats.

Cranberries contain proanthocyanidins, which may help reduce the risk of developing urinary tract infections, and vitamin C, which can boost your immune health.

Walnuts are a source of alpha-linolenic acid, an omega-3 fatty acid that is beneficial for brain health.

Whole-wheat flour has more fiber than what you'll find in white flour, as well as a mix of B vitamins to support a healthy metabolism.

### **Cranberry Nut Bread Ingredients:**

1 cup all-purpose flour  
1 cup whole-wheat flour  
½ cup granulated sugar  
1 teaspoon ground cinnamon  
1 teaspoon baking powder  
½ teaspoon salt  
2 large eggs  
½ cup avocado oil  
½ cup milk  
1 tablespoon grated orange zest  
½ cup orange juice  
1 tablespoon vanilla extract  
1 cup frozen or fresh whole cranberries,  
coarsely chopped  
½ cup chopped walnuts

### **To prepare bread:**

Preheat oven to 350°F. Lightly coat an 8½-by-4½-inch loaf pan with cooking spray.

Mix all-purpose flour and whole-wheat flour, sugar, cinnamon, baking powder and salt together in a medium bowl until combined.

Whisk eggs, oil, milk, orange zest, orange juice and vanilla together in a large bowl until combined. Add the flour mixture to the oil mixture; fold until just combined, about 30 seconds (do not overmix).

Gently fold in cranberries and walnuts until just combined. Pour the batter into the prepared loaf pan. Bake until a wooden pick inserted in the center comes out clean, 1 hour to 1 hr and five minutes. Let cool in the pan on a wire rack for 10 minutes; remove from the pan to the rack to cool completely, 1 hour.

### **Nutrition Facts:**

Calories 193 Fat 10 grams Carbs 23 grams Protein 3 grams

# 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 48 hours in advance 970.879.0633 xt. 1. 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 xt 1.** 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. Call for information or a reservation. 970.879.0633 xt. 1

## 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. 1

## 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](mailto: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.**

**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**

*Mondays, 10:30 - 11:30 am*

*Steamboat Community Center*

**Tai Chi**

*Tuesdays, 10:30 - 11:30 am: no instructor*

*Thursdays, 4:00 - 5:30 pm: no instructor*

*Steamboat Community Center*

**Yoga for Arthritis** NO CLASS DEC 25th

*Wednesdays, 10:30 - 11:30 am*

*Steamboat Community Center*

**\*\*NEW CLASS Dance Vitality**

*Brought to us by Steamboat Dance Theatre*

*Thursdays, 10:30 - 11:30 am*

*Steamboat Community Center*

Gentle dance classes specially designed for older adults, including those with limited mobility, to encourage movement, enhance flexibility, and improve balance.



George B	2	James S	15	Ted A	22
Jim S	3	Andrew Z	16	Ema C	23
Nancy P	4	Becky C	17	Gerry D	24
Stephen A	5	Karen L	17	Betty M	26
George O	7	Colleen B	18	Joyce N	26
Joe H	11	Julie C	18	Pauline G	26
Esther M	13	Nancy M	19	Patricia B	28
Kathy S	14	Gary W	22	Edith W	30

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.

# Thank You Donors!

## Donations Received October 2024

Leonard Auter  
Stephen Auter  
Ben and Lindsey Blonder  
Bridge Players Benevolent Fund  
Bridge in Steamboat  
City of Steamboat Springs  
Patricia King  
Selina Koler  
Marlene Lindquist  
Catherine Lykken  
Mahjong players  
Jim McGee  
Mountain Sangria  
Barb Osbourn  
Donald Peterson  
Janis Petry

Wendy Powell  
Ken Proper  
Bob Pruett  
Rick Rapalee  
Routt County  
Jim Severson  
Don and Diane Sperry  
Steamboat Ski Resort  
Stephen Strickler  
Tai Chi  
Yampa Valley Community Foundation  
Yampa Valley Community Foundation, Les  
Wong and Cindy Indorf



Betty Kemry in memory of Jody Lynn Look  
Vi Look in memory of Jody Lynn Look

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

Julie Alkema	Nancy Good	Pam Olson
Anders Anderson	Kim Graves	Janis Petry
Carol Bailly	Jonathon Hayek	Whale Petry
Mike Berdine	Kerry Holnquist	Kay Rawlings
Ben Blonder	Dayna Horton	Calvin Reese
Lindsey Blonder	Gretchen Kioschos	Brianna Romero
Marybeth Bradfield	Annie Krieg	Cindy Roth
Bruce Breslau	Hud Labaree	Dan Roth
Cindy Byar	Lisa Lancaster	Deidre Saunders
Ellisa Chapman	Jay Layman	Cheryl Schliske
Angela Coxe	Susie Lee	David Selden
Kathy Curcio	Jean Levine	Darcy Simon
Jennifer Daniels	Julie Lind	Pegi Simmerman
George Detwiler	Wendy Mare	Diana Sperry
Shelly Dillingham	Leif McCole	Don Sperry
Sarah DiMichelle	Jim McGee	Craig Tolliver
Laurie Edwards	Kay McGill	Sheri Tolliver
Mary Ellsworth	Scott Myller	Nancy Trimmer
Dan Emert	Cathy Neelan	Michelle Trousil
Pam Ford	Kasey O'Halloran	Barb Tuchlinsky
Steve Goldman	Chris O'Konski	

when  
you  
CHOOSE  
joy  
You feel good  
& when you feel  
good, YOU do good  
& when YOU do good  
it Reminds others  
of what joy feels like  
& it just  
might inspire  
them to do  
the same.

[www.homegrownhospitality.typepad.com](http://www.homegrownhospitality.typepad.com)

**Think of  
how  
much  
good  
can be  
done  
today.**



**Your Donation Goes  
Further on  
Colorado Gives Day!  
Tuesday, December 10th!**

**Help us exceed our  
goal of \$30,000**

**Consider giving  
what you can,  
even \$50 goes  
a long way!**

\$50 can pay for healthy, hot lunches for 1 person for an entire month. It can ensure that an older adult receives 16 fresh, hot, home-delivered Meals on Wheels. \$50 can facilitate 25 trips to medical appointments.

**If \$50 can do all that, think what \$100, \$500 or \$1000 can do!**

All Donations are appreciated.

**PLEASE MAKE YOUR DONATION TODAY!**

All donations stay in Routt County and support our local programs.

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](http://www.rccoaging.org)



# DECEMBER EVENTS AND ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Tea and Talk - Stmbt 12:15  Mahjong -Stmbt 1:00	4 Bingo –S.R. 12:30	5 Knitters Circle- Stmbt 1:00  Wreath Craft - Hayden 12:30	6 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
9 Foot Care	10 Caregiver Support Group – Stmbt 10:30am  Cookie Exchange -Stmbt 12:00  Mahjong -Stmbt 1:00	11 Bingo –S.R. 12:30  Shuttle to Craig	12 Trivia -Stmbt 12:30  Knitters Circle- Stmbt 1:00	13 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
16	17 Mahjong -Stmbt 1:00	18 Bingo –S.R. 12:30	19 <b>Holiday Party - Stmbt 12:30</b>  Knitters Circle- Stmbt 1:00	20 Bingo –Stmbt 12:30 Bingo –S.R. 12:30 Bingo - Hayden Congregational Church 11:00
23	24 <b>CLOSED</b>	25 Merry Christmas Happy Hanukkah  <b>CLOSED</b>	26 Knitters Circle- Stmbt 1:00	27 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
30 Movie and Popcorn -Stmbt 12:30	31 Mahjong -Stmbt 1:00	1 Happy New Year  <b>CLOSED</b>	2 Knitters Circle- Stmbt 1:00	3 Bingo –Stmbt 12:30 Bingo –S.R. 12:30

See page 3 for details about scheduled activities.

See page 6 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
2 Beef Tacos Pinto Beans Spanish Rice Fruit Salad Chocolate Cake	3 Baked Chicken Macaroni & Cheese Spinach Roll Tossed Salad Cheesecake	4 Baked Chicken Macaroni & Cheese Spinach Roll Tossed Salad Cheesecake	5 Brisket Cheesy Potatoes Broccoli Roll Tossed Salad Cherry Pie	6 Turkey Club Sandwich Tomato Bisque Cucumber Salad Peanut Butter Cookie
9 Chicken, Broccoli, & Rice Casserole Biscuit Carrot Salad Brownie	10 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Peach Pie	11 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Peach Pie	12 Cajun Shrimp Dirty Rice Fried Okra Cornbread Apple Sherbert	13 Turkey Noodle Soup Crackers Spinach Salad Orange Banana Pudding
16 Pizza Garbanzo Beans Salad with Craisins Peanut Butter Bar	17 Ham Sweet Potatoes Broccoli & Cheese Roll Cranberry Slaw Apple Pie	18 Ham Sweet Potatoes Broccoli & Cheese Roll Cranberry Slaw Apple Pie	19 <b>HOLIDAY PARTY</b> Chili Clam Chowder Minestrone Strawberries & Bananas Chocolate Lava Cake	20 Roast Beef & Cheddar Sandwich Tossed Salad Bean Salad Fruit Salad Molasses Cookie
23 Vegetable Pot Pie Kidney Beans Okra Spinach Salad Apple Chocolate Chip Cookie	24 <b>Closed</b>	25 <b>Merry Christmas Happy Hanukkah</b>  <b>Closed</b>	26 Salmon Casserole Mixed Vegetables English Muffin Tossed Salad Orange Jello	27 Chicken Caesar Salad Vegetable Soup Crackers Banana Lemon Bar
30 Mongolian Beef Lo Mein Noodles Eggroll Asian Slaw Chocolate Ice Cream	31 Black Eyed Pea Stew Collard Greens Cornbread Tossed Salad Apple Blondie	1 <b>Happy New Year</b> <b>Closed</b>	2 Chicken Enchilada Spanish Rice Black Beans Mexican Salad Banana Bread	3 Salmon Patty Chips Tossed Salad Raisin-Nut Cup Peanut Butter Cookie

**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.**

**The suggested donation for those 60+ is \$3.00. The fee for those under 60 is \$14.**