



*Silver Foxes Den Senior Center
P.O. Box 1507
Pagosa Springs, CO 81147
return service requested*

Silver Foxes Den—A Cultural Center for Older Adults
970-264-2167, 451 Hot Springs Blvd, Box 1507, Pagosa Springs, CO
http://www.archuletacounty.org/Seniors/senior_center.htm

January 2010

STITCHIN' IN THE KITCHEN



Beginning January 8th and most every Friday thereafter, join Musetta and Jodi at 10:00 a.m. in the dining room with your current needlework project of knitting, crocheting, cross-stitching or whatever else you have.

We will be drinking coffee or tea, eating snacks, stitching and telling stories, some of them even true. Sounds like fun but you don't have a project? Come anyway for the tea, snacks and the recreational lies.



WEAR YOUR FAVORITE HAT AND/OR PIN DAY!

Friday, January 8th



ENJOY **Seeds of Learning Students** who will eat with and sing for us on Mondays, January 11th and 25th. We will read a story, too.

Musetta will make an important Medicare Fraud Presentation at 12:45 on Wednesday, January 13. The Medicare counselors have already found instances of fraud right here in Archuleta County.



Eric Seiler will be here at 12:45 p.m. on Friday January 15 to make the presentation “Structural Integration Bodywork”. He will be discussing the treatment and benefits of this effective process. Eric is a graduate of The Guild for Structural Integration.



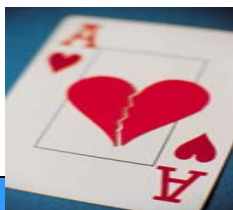
HEALTHY COOKING

by Chef Richard Lindblad

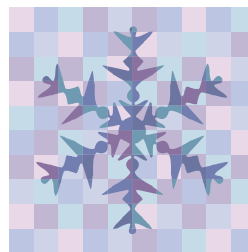
Wednesday, January 20, 11:00a.m. This class is a “Hands On” program where we will be making the best chicken soup that you’ve ever tasted. We’ll learn how to toast herbs, create our own chicken stock and use only the best ingredients while also incorporating some fun techniques to make all of our participants look like professional chefs!

Tina Gallegos of Hospice will be in the Lounge at **12:45 on Wednesday, January 20** to distribute and discuss the brochure “Three Wishes”. This invaluable brochure provides an excellent overview of end of life decision making and a format that makes planning for a Living Will and your wishes simpler and less difficult. Sign up with Jodi at the Silver Foxes Den office or call 264-2167.

Winning Poker player Chris Scarpa will be in the dining room on Wednesday, January 27th right after lunch to teach us how to play TEXAS HOLD ‘EM POKER. Already know how? Come and play!

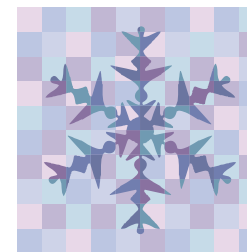


**January’s Nutrition topic is “NUTS TO YOU!”
See us on January 13th for information on this intriguing topic.**



ARBOLES

January 2010



Homebound or know someone homebound? Let Archuleta County Senior Services help you with your meals.

We have expanded our service to the more rurally isolated areas of the county and would like to help you, help yourself.

Our frozen meal program will deliver to Arboles the 1st and 3rd Thursdays of the month. These meals are the same as prepared in our kitchen by the cooks who prepare those scrumptious meals you’ve been enjoying for the past five years.



**Swedish Meatballs
Whipped Potatoes and Gravy
Spinach
Mixed Fruit**

**Meat Lasagna
Italian Vegetables
Salad
Bread Stick
Jello**

**January
7 & 21**

BIRTHDAY CELEBRATIONS

Is your birthday in **January**? Well if so, we’ll help you celebrate on **January 21**. If you are age 60 and older your suggested donation is just \$1.00. Archuleta Seniors, Inc. has graciously chipped in the remaining \$2 for you! Be sure to let us know when checking in that you are a birthday babe cashing in on your gift. Happy Birthday!



ARBOLES MEAL PROGRAM

Lunches are served in Arboles the **1st & 3rd Thursday** of each month in the Catholic Church basement at noon. **Please call two days in advance for reservations — 264-2167.**



BIRTHDAY CELEBRATIONS

Is your birthday in **January**? Well if so, we'll help you celebrate on **Friday, January 29th**. If you are age 60 or older your suggested donation is just \$1, Archuleta Seniors Inc., has graciously chipped in the remaining \$2 for you! Be sure to let us know when checking in that you are a birthday babe cashing in on your gift.

STITCHIN' IN THE KITCHEN

Join Musetta and Jodi at 10:00 a.m. in the dining room with your current needlework project of knitting, crocheting, cross-stitching or whatever else you have. We will be drinking coffee or tea, eating snacks, stitching and telling stories, some of them even true. Sounds like fun but you don't have a project? Come anyway for the tea, snacks and the recreational lies.

GEEZERS

Every Friday morning around 9:00 a.m. in the Silver Foxes Lounge, distinguished gentlemen from our community meet to drink coffee and discuss current events, debate issues and tell stories. Everyone is welcome!

ARCHULETA SENIORS, INC., BOARD MEETING

This month's Archuleta Seniors, Inc. (ASI) Board meeting will be at the Silver Foxes Den Senior Center on **January 8th at 1:00 p.m.** This board also serves as the Local Council on Aging and supports many of the activities at The Den. In addition to their support of The Den, they are also a non-profit organization providing support to Seniors who may need additional financial support in areas such as medical needs. Please see their membership packet available here at The Den.



SILVER FOXES BOOK CLUB

Do you love to read? Do you have a desire to discuss what you read in a group setting of inquiring minds? Then we have just the thing for you. Kathy Hamilton from the Sisson Library hosts the Silver Foxes Book Club **on the 4th Friday of every month at 10:30 a.m. at the "Den" in the lounge. This month we will meet at Higher Grounds Coffee Shop.** Kathy can also obtain books on CD, Cassette, and in large print. Call 264-2167.

BOOST YOUR HEALTH BY VOLUNTEERING

Did you know studies show that people who volunteer 1 to 2 hours a week are healthier, live longer, and are more satisfied with their lives? We are looking for outgoing, friendly, volunteers to deliver meals to our home bound seniors. If you are interested please contact Jodi or Musetta at 264-2167 or stop in at the "Den".

Homebound?

... or know someone who is? Let the Silver Foxes Den help you with your meals.

We have expanded our service to the more rurally isolated areas of the county and would like to help you, help yourself by providing frozen meals for you to just heat and eat.

These meals are the same meals prepared in our kitchen by the cooks who prepare those scrumptious senior center meals.

Our hot meal, home delivered program remains available to those closer to town 4 days per week.



CANASTA



Canasta is a card game of the rummy family. In this game players attempt to make melds of 7 cards of the same rank, and "go out" by playing all cards in their hand and discarding. It's commonly played with two players with two standard decks of cards, but many variations exist for 3 and 4 player games or teams. If this sounds like something you would like to learn or already enjoy, we play on **Mondays, at 1:00 p.m.** at the "Den."

MEDITATION FOR HEALING

Stress intensifies chronic pain and encourages negative emotions like depression, anxiety, and anger, which continues the circle of pain in the body and mind. Meditation for Healing is a technique that helps the body to relax and ease pain. Join Sarah Barbara every **Tuesday at 1:00 p.m.** at the Silver Foxes Den.

DANCE FOR HEALTH

"Dance For Health" classes will be available at The Den on **Wednesdays at 10:00 a.m.** Karma Raley, the dance instructor, enjoys sharing her love of dance and blends basic ballet, modern jazz, and jazz dance with yoga awareness, to create a full body routine which makes it possible to work-out to the degree you want and/or need. Wear loose, comfortable clothing and bring a mat or towel. Join us at The Den and learn great dance techniques while having a fun time exercising.





GYM WALK

Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. Walking is one of your body's most natural forms of exercise. It's safe, simple, doesn't require practice, and the health benefits are many. So walk your way to health on **Monday, Tuesdays and Fridays at 11:15** in the multi-purpose room at The Den.

TAI CHI

Dr. Pam Kircher is teaching **TAI CHI** Friday mornings. Join her in the South Conference room at 11:00 a.m. for a beginners class and 9:30 am for an intermediate class. A \$5 donation is suggested.



VOLUNTEERS WE NEED YOU!

We are looking for outgoing, friendly, volunteers to deliver meals once per week to our home bound seniors and/or drive our medical shuttle, as needed, to Durango.

We are also in need of someone to bus tables after lunch and provide general clean up, free lunch provided. If you are interested please contact Musetta at 264-2167.



Emergency Plan

As part of the Archuleta County Emergency Plan, the Silver Foxes Den Senior Center is creating a list of people of all ages that may need assistance in the event of an emergency such as a blizzard, power outage, flood, etc. Folks on oxygen or an electric dependent health system should be on the list as well as anyone with a disability, which could make it difficult for them to evacuate. Please remember to keep a flashlight with fresh batteries handy, extra food, warm clothes, and to also have a phone available other than a cordless. If you think that you may be in need of assistance during an emergency, please contact Jodi at 264-2167. Don't delay, be prepared today.



WRITING FOR GENERATIONS

On the first Wednesday of every month at 1:00 p.m. in the dining room, Joan Meiritz leads a writing class for anyone who wants to record their life experiences. Class writings will include simple stories, information about relatives and family history, life experiences, historical events, lessons learned and perspectives gained. Join us this month on **Wednesday, January 6, at 1:00 p.m.**

BLOOD PRESSURE CHECK

Patty Tillerson will be at The Den on **Tuesday, January 5th, at 11:00 a.m. and Wednesday, January 20th at 11 a.m.** to check your blood pressure. Thanks Patty!

CHAIR MASSAGE

The benefits of a 15-minute chair massage can reduce stress and anxiety levels, minimize neck and shoulder pain, relieve headaches, increase energy, enhance creative thinking and problem solving skills, and boost immunity. Rebecca Cortez and Silverhawk, licensed massage therapists will be offering free Chair Massage on **Tuesday, January 12, 10:00 a.m. to 11:45 a.m.** Call or sign up at The Den.

SKY UTE CASINO TRIP

Wednesday, January 20, at 1:00 p.m. after a hearty lunch at the Silver Foxes Den head down to Ignacio with a bus load of your friends for an exciting afternoon of fun and games! Did you know the Casino now has bowling (good exercise), putt-putt golf, discounts for Seniors and drawings for prizes every hour. Sky Ute Casino provides free transportation with limited seating. The Sky Ute bus leaves The Den at 1:00 p.m. and returns approximately 5:45 p.m. Sign up early to reserve your spot! Call 264-2167.

MEDICAL EXPENSE ASSISTANCE

The Silver Foxes Den, in cooperation with Archuleta Seniors, Inc. (ASI) may be able to help with excess medical expenses. Items covered might be prescription co pays, eyeglasses, hearing aids, and dental care. Qualifying amounts are based on income and need. Recipients must be current members of ASI. Dues are \$5 per year. For more information about how we might help you or your family member please contact Musetta at 264-2167.

ARCHULETA SENIORS, INC. (ASI) MEMBERSHIPS

Time to renew or buy your 2010 ASI membership? Memberships will be sold at The Silver Fox Den in the dining room. **Please note that the dates and times have changed to Monday, Wednesday and Fridays from 11 a.m.-2 p.m. for \$5 each.** Folks 55 and over will benefit with discounts from many local businesses, including the local hot springs. This is one of the best deals in Pagosa.