



*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

APRIL 2010



Big Spring Fun is in the works here at the Silver Foxes Den. We are hosting “The Fox Trot Challenge” which is a 10 week walking program measured by a pedometer (pedometers measure how many steps are taken in a period of time) provided at no cost

by AARP. We will have a mandatory kick off program **on Wednesday, April 21st, from 9:00 a.m. to 11:00 a.m.** where we will have pedometer education, a motivational speaker, signing of waivers, refreshments and other activities. Here is the plan:

1. You will wear your pedometer all day, every day for 10 weeks, record your steps daily, and report them weekly to us. You can walk wherever you want, and you will be setting your own goals. There will be more details about this at the kickoff. Someone, a coach like person, will check up on you each week.
2. Mid program free cool t-shirts will be issued to those still participating. The t-shirts are being donated by the “Create the Good” AARP community walking program.
3. We will host “Walk and Talks” at the Community Center gym during our gym walk time (12:30 p.m. to 1:00 p.m.) where we will have local dignitaries and personalities walking with us.
4. If you need someone to walk with we will help hook you up with someone or join you ourselves.
5. There will be several motivational speakers throughout the 10 weeks.

Call **Jodi at 264-2167** with questions and to sign up!



STARTING A WINDOWSILL HERB GARDEN

Join us on **April 6th at 10:00 a.m.** for this spring class with Lake McCullough of EarthSense Herbals (opening in May). She is a Master Gardener who has had over 7 years of experience. We will decorate pots, learn about and plant Chives, Parsley and Sage. Sign up with Jodi—we only have room for 15!

“Healthier Living” is an awesome 6 week chronic disease self management program developed at Stanford University. The program is designed to help with the challenges that come with living with an ongoing health condition. The class will run weekly for 6 weeks starting **Tuesday, April 6th from 1:00-3:00 p.m.** and will be taught by trained leaders, Katy Deshler and Tracy Reuther.



Chronic conditions are diseases that cannot be cured. Participants in the classes have ranged in age from 40 to 89 and have grappled with emphysema, chronic bronchitis, heart problems, arthritis, Parkinson’s disease, diabetes and back pain. Other examples of chronic illnesses are Lupus, Crohn’s disease, long-term depression, obesity and phobias.

This course series will teach skills that can help with coping with fatigue, frustration, pain and stress. It is also recommended for family, friends and caregivers. Included with the course is the companion book, Living a Healthy Life with Chronic Conditions. It will be taught here at the Senior Center. There is no charge for the class or materials. This is a really great course. Call Jodi at 264-2167 to sign up.

ART IN THE DEN

Come see the work of the winners of the InterMountian League Art Show here in our Dining room, from 5:30 p.m. to 7:00 p.m. on April 15th.

FOX TROT SPEAKERS

Motivational Speaker for this month: Don Ford, secret athlete, on April 23rd at 12:45 and Jessica Peart, personal trainer, on Monday April 27th at 12:45.

SENIOR PROM

Tickets are now on sale at the ASI membership desk during membership hours for the Senior Prom. It is at the Pagosa Springs High School on Sunday, April 25th from 3pm to 6pm. John Graves and Company are playing!

April Nutrition Education: Is sea salt better for your health than table salt? See us April 7th for the answer!

ARBOLES

April 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.

Meals are available for a suggested donation of \$3.00 per meal, give Musetta a call at 264-2167 for more information.

Jennie Pritchard, Registered Dietician , and Fraud Presentation by Musetta Wollenweber!

On April 1st, Jennie Pritchard will be giving a nutrition presentation and will be available for questions.

This is not an April Fools joke!

Barbeque Brisket
Ranch Style Beans
Carrifruit Salad
Honeydew Cilantro Lime
Roll



April 1 & 15

Roast turkey
Gravy
Vegetable Medley
Pineapple
Bread

BIRTHDAY CELEBRATIONS



Is your birthday in **April**? Well if so, we’ll help you celebrate on **April 15th**. We will sing and have cake!

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 April? Well if so, we'll help you celebrate on **Friday, April 30th**. There will be cake!

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.

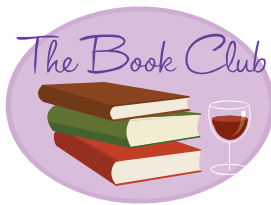
GEEZERS

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 **April 16th 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.** 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



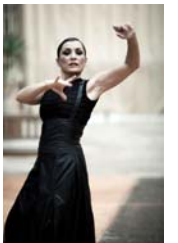
Canasta is a card game of the rummy family. In this game players attempt to make melds of 7 cards of the same rank, and "go out" by playing all cards in their hand and discarding. It's commonly played with two players with two standard decks of cards, but many variations exist for 3 and 4 player games 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 12:30 p.m.** 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. 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, April 7th, at 1:00 p.m.**

BLOOD PRESSURE CHECK

Patty Tillerson will be at The Den on **Tuesday, April 6th, at 11:00 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, April 13th, 10:00 a.m. to 11:45 a.m.** Call or sign up at The Den.

SKY UTE CASINO TRIP

Wednesday, April 14th, 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.