



*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

SEPTEMBER 2010



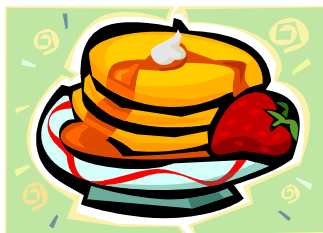
HEALTHIER LIVING CLASS

Our Healthier Living Class is a free six week course, evidence-based workshop designed to help people face the challenges associated with chronic health conditions. Our trained and qualified leaders may have a chronic condition themselves or care for someone who does.

Attendees learn techniques developed and tested by Stanford University researchers to fight deal with depression, control pain and manage medications, manage stress and communicate better, solve problems, set goals. Classes will begin **Tuesday, September 15th and will run through October 20th, from 1pm to 3pm.** Call Jodi at 264-2167 to register.

THE LAST PANCAKE BREAKFAST FUNDRAISER!!

Summer is here and so is our budget deficit. We are again hosting monthly Pancake Breakfasts to help support the many services the Silver Foxes Den Senior Center offers. Come **Thursday, September 14th from 7am.to 9:30am** for delicious pancakes, with a veggie omelet, bacon, fresh fruit, and coffee or tea. Enjoy it all for only \$5.00. See you here!



INFORMATIONAL TEA



Please join Musetta and Jodi on **Tuesday, September 7th at 12:45 for coffee or tea, and cookies.** Musetta will reveal the inner workings of the Silver Foxes Den, as well as giving everyone interested a sneak peak into the kitchen. There will be time for questions and polite conversation!

SCRABBLE

Back by popular demand! For the month of September, Kay Pace will lead us in rousing games of Scrabble. Scrabble is a word board game played with two or more players. **Join us on September 13th, 20th and 27th at 1pm !**



REGIONAL ADVISORY COUNCIL ON AGING FOUR YEAR MEETING

As part of the San Juan Basin Area Agency on Aging Four Year Plan, we are required to hold a public meeting to determine any unmet needs in regards to the senior citizens of Archuleta County. While funding these unmet needs remains a challenge, we are charged with doing our best to find solutions. We invite you to join in the discussion on **Tuesday, September 14th at 1:00 p.m.** in the Senior Center lounge. There will be a survey for you to express your wishes.

BOX MAKING



In anticipation of the holidays, on **Tuesday, September 21st at 1pm** Jodi will teach a class on how to make the cutest little boxes ever out of used holiday cards. Please call Rob or Jodi to sign up! 264-2167

September Nutrition Education: We will have valuable information regarding Nutrition Facts and Myths. See us on September 8th for more information.

ARBOLES

SEPTEMBER 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 six years.

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

Turkey Pot Pie
With Biscuit Topping
Tossed Salad
Broccoli
Apricot-Pineapple
Compote

September 2 & 16



Roast Pork
Mashed Potatoes
Seasoned Spinach
Pineapple and Mandarin
Oranges, Whole Wheat Roll
Birthday Cake

September Nutrition Education: We will have valuable information regarding Nutrition Facts and Myths. Come for lunch on September 2nd for more information!

ICE CREAM SOCIAL

On **Thursday, September 16th** we will have an ice cream social following lunch.

BIRTHDAY CELEBRATIONS



Is your birthday in **September**? Well if so, we'll help you celebrate on **September 16th.** We will sing, have cake and if your birthday is in August, you only have to pay \$1!

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 September? Well if so, we'll help you celebrate on **Friday, September 24th**. If it is your Birthday Month you only have to pay \$1.

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 **September 10th 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 are now available through the **Community Center 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.



ALZHEIMER'S SUPPORT GROUP

Join us in the Silver Foxes Den Lounge on the **last Wednesday** of each month at 1:00 p.m. for the **Alzheimer's Support Group Meeting**.



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 11am. Tai Chi is now sponsored by our **Community Center**.



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, September 8th, at 1:00 p.m.**

BLOOD PRESSURE CHECK

Patty Tillerson will be at The Den on **Wednesday, September 1st, Tuesday, September 14th and Wednesday, September 29th 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, September 14th at 10am** Sign up at the check in desk.

SKY UTE CASINO TRIP

Wednesday, September 15th, at 1pm 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 1pm and returns approximately 5:45 p.m. Sign up early to reserve your spot! Call 264-2167.

YOGA

Yoga classes are offered through the Community Center by Diana Baird in the South Conference Room on **Tuesdays from 10am to 11:30am.**

ARCHULETA SENIORS, INC. (ASI) MEMBERSHIPS

Time to renew or buy your 2010 ASI membership? Memberships will be sold at our Senior Center 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.