



*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

MARCH 2010

**OVER FIFTY THINGS TO DO AT
THE LIBRARY!!**



You are enthusiastically invited to join **Tessa Michaelson** at the Ruby M. Sisson Library for an afternoon of over 50 **FREE** activities on **Monday, March 15th.**

From 1:30 p.m. to 3:00 p.m. you will be the special guest of the Library. There will be over 50 things to do—games, tours, refreshments, items to check out, computer stuff and more!

Transportation to and from the Silver Foxes Den is available.



Dennis Driscoll, a resident of Pagosa Springs every winter during ski season, will be gracing us with his piano music every **Tuesday at 12:15** during March. A retired meteorology professor from Texas A&M, he has played piano since he was a small child. **Come for lunch and jazz!**

ART IN THE DEN

Join us for Pagosa Springs High School Art II Show Opening Thursday, March 4 from 5:30 p.m. to 7:00 p.m. in our dining room! John Graves will be playing the piano and there will be refreshments.



SUDOKU with GLORIA SMITH

Gloria Smith will teach SUDOKU, a number puzzle, usually completed with paper and a pencil (Gloria does it with a pen) where numbers 1-9 in a grid add up to the same number. Learn this mind stimulating game with us on **Tuesday, March 9th at 10:30 a.m.**



AARP DRIVER'S SAFETY COURSE

Richard Dietrich will be teaching the AARP Driver's Safety Course on Wednesday, March 10th and Friday, March 12th from 1:00 p.m. to 5:00 p.m. Please call Richard for details at 731-1901.



ARBORGLYPHS

Join us on **Wednesday, March 24th, at 12:45 p.m.** for Peggy Bergon's power point presentation on Arborglyphs. Arborglyphs are Hispanic tree carvings. In the late 19th early 20th century, lonely sheep herders, away from home months at a time, would carve their thoughts on a Aspen Tree. Peggy has collected over 5000 photos of these trees. In this presentation you will see many of their writings and artwork as well as learn about the early sheep industry in Archuleta County.



March is National Nutrition Month.
See us on March 10th for more information and recipes!

ARBOLES

February 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 March 4th, Jennie Pritchard will be giving a nutrition presentation and will be available for questions. Also on March 4 Musetta Wollenweber will be giving a presentation on Medicare Fraud.

French Dip

Oven Browned Potatoes

Mixed Vegetables

Strawberry Applesauce



March 4 & 18

Chicken Cordon Bleu

Rice Pilaf

Broccoli

Apricots

Whole Wheat Roll

BIRTHDAY CELEBRATIONS

Is your birthday in **March**? Well if so, we'll help you celebrate on **March 18th**. 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 **March**? Well if so, we'll help you celebrate on **Friday, March 26th**. 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.

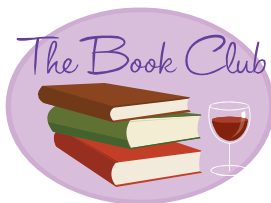
GEEZERS

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 **March 12th 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 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, March 3rd, at 1:00 p.m.**

BLOOD PRESSURE CHECK

Patty Tillerson will be at The Den on **Tuesday, March 2nd, at 11:00 a.m. and Wednesday, March 17th 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, March 9th, 10:00 a.m. to 11:45 a.m.** Call or sign up at The Den.

Wednesday, March 17th, 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.