



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

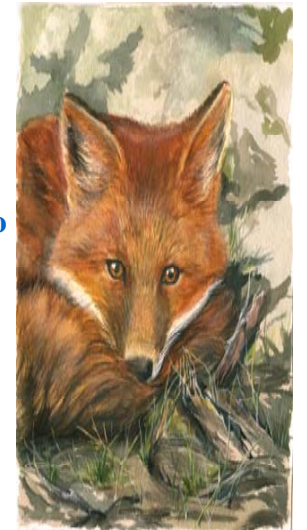
Silver Foxes Den—A Cultural Center for Older Adults
970-264-2167, 451 Hot Springs Blvd, Box 1507, Pagosa Springs, CO
http://www.archuletacounty.org/Seniors/senior_center.htm

MAY 2010



**WATER COLOR OPEN
STUDIO
Beginning monthly**

**Friday May 21st from 1:00 p.m. to
4:00 p.m.**



**Sabine Baeckmann-Elgle will
be offering lessons in watercolor
and an open environment in which to paint.**

**She has been teaching Art for nearly 20 years and
believes that everyone can paint. She insists she “caters
to cowards!” Beginners will receive lessons and specific
attention. Advanced artists can avail themselves of her expertise if needed.**

**The supplies for beginners are being generously supplied by Grace Free
Evangelical Church. Seasoned watercolorists are encouraged to bring their
own pallets, brushes and paper.**



**Join us every third
Friday of the month for
Watercolor Open
Studio from 1pm-4pm.**

*(Watercolor paintings by
Sabine Baeckmann-Elgle)*





GAME ON! The Fox Trot Challenge has begun! Our guest speakers this Month are:

- Judge Greg Lyman—May 3rd**
- Lindsey Kurt Mason— May 14th**
- Ming Steen—May 19th**
- Nancy Dickhoff—25th**

Judge Lyman was an Olympic Speed Skater, Lindsey Kurt Mason does calisthenics from the roof of the elementary school in tights (and coaches High School Soccer), Ming Steen is a super athlete and manager of the Rec Center, and our own Nancy Dickhoff, Chef Extraordinaire is also a secret athlete! Speakers begin at 12:45 p.m.

ART IN THE AFTERNOON

Join us at Serenity Trail Gallery on May 5th at 1:30 p.m. at Talisman and Village Drives (behind the new City Market) for Art and cookies. This third exhibit entitled “Spring Awakening” features the transformative quilts created by artist Alison Goss, and the Gemstone Angels of our own Lynnzie Suuton. Accompanying their work will be Wild Flower Photo Art by Jim Plant and Connie Giffin.



READERS DIGEST-ING

Tessa Michaelson of the Ruby M Sisson Memorial Library will be joining us monthly on the second Monday of each month at 12:30 p.m. to present her series “Readers Digest-ing”. She will highlight new books and resources and offer satellite checkout, as well as highlight upcoming events and programs at the library. The first presentation will be Monday, May 10th!

ASK THE PARALEGAL

Paralegal Kyla Norcross, Colorado Legal Services, will be here to answer your legal questions and provide valuable information relevant to you. Don’t miss this opportunity for FREE legal information. She will be here **May 12th at 12:45!**

May Nutrition Education: May is Osteoporosis Month! See us on May 12th for more information.



ARBOLES

May 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.



Sloppy Joe
Rice Salad
Broccoli Salad
Apple



May 6 & 20

Arroz con Pollo
Salad
Asparagus
Watermelon
Bread

BIRTHDAY CELEBRATIONS



Is your birthday in **May**? Well if so, we’ll help you celebrate on **May 20th**. 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 May? Well if so, we'll help you celebrate on **Friday, May 28th**. 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.

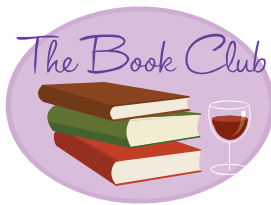
GEEZERS

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 **May 14th 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



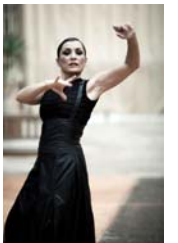
Canasta is a card game of the rummy family. In this game players attempt to make melds of 7 cards of the same rank, and "go out" by playing all cards in their hand and discarding. It's commonly played with two players with two standard decks of cards, but many variations exist for 3 and 4 player games 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, May 5th, at 1:00 p.m.**

BLOOD PRESSURE CHECK

Patty Tillerson will be at The Den on **Tuesday, May 4th and 19th 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, May 11th, 10:00 a.m. to 11:45 a.m.** Call or sign up at The Den.

Wednesday, May 19th, 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.