

# Summit County Seniors

## January Newsletter

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### Summit County Community & Senior Center

0083 Nancy's Place  
PO Box 1845, Frisco, CO 80443  
Phone (970) 668-2940

### 2016-2017 SCSC BOARD OFFICERS:

Sandy Bainbridge, Marc Schlesinger, Marty Sheets,  
Bonnie Guthrie, Bob Giordano, Becky Hopkins,  
Steve Ladin, Evie Lau, Art Kalbach

### OFFICE STAFF:

#### Community and Senior Center Manager

- Lorie Williams (x2945)

#### Events Program Manager

- Julia Rothschild Gidney (x2956)

#### Senior Services Program Manager

- Rob Rumrill (x2941)

#### Principal Admin. Assistant

- Niki Vincze (x2942)

#### Cook and Kitchen Manager

- Sara Hopkins (x2950)

**Office Hours:** Mon - Fri, 9am to 5pm

**[www.SummitCountyCO.gov/seniors](http://www.SummitCountyCO.gov/seniors)**

## SCSC News

### Senior Board & Council Monthly Meeting Tuesday, January 3rd

#### Open House & Speaker

The Summit County Seniors will be hosting an Open House on January 9 at 4:30pm before the Monday night dinner. This will be an opportunity for folks to stop into the Summit County Community and Senior Center and learn about all that the SCSC offers! Volunteers from the various events and activities will be hosting tables with handouts about the activities. Seniors planning to stay for dinner must call for reservations at (970) 668-2944 before 8am January 9. The cost for dinner \$12 per person. There will be a speaker following the meal, author Megan Carnarius, an RN, NHA, and LMT, discussing Alzheimer's and memory care. Attendance at dinner and open house is not necessary to come to hear the speaker, starting about 7pm. No RSVP needed.

#### Membership Directory Available

Stop by the front desk at the senior center to pick up your membership directory today! \$3.00

#### February Newsletter Contribution Deadline January 6

In order to meet our print and mailing deadlines, **the submission deadlines will always be the first Friday of the month prior.** Submissions for inclusion in upcoming newsletters can be sent to [rob.rumrill@summitcountyco.gov](mailto:rob.rumrill@summitcountyco.gov).

If you have suggestions regarding the newsletter please email [bonniesaunders1@yahoo.com](mailto:bonniesaunders1@yahoo.com).

#### Winter Backcountry Safety & Preparedness Seminar

Friday, January 6, 3-5pm at the Senior Center, learn how to be prepared for backcountry travel. Recommended clothing, essentials for your pack, avalanche awareness, new tech devices, on-snow backcountry ski lesson signup, and appropriate backcountry skis and snowshoes. Presented by Bonnie Guthrie, Scott Dazey, and Karen Kaminski (Breckenridge Outdoor Education Center), Summit Rescue Group and Wilderness Sports. Please RSVP with Bonnie at [bonniesaunders1@yahoo.com](mailto:bonniesaunders1@yahoo.com).

37th  
ANNUAL



2017



JOIN US FOR 3 DAYS  
OF FUN & WINTER SPORTS  
FOR SUMMIT COUNTY RESIDENTS  
& VISITORS AGES 50 & UP  
FEB 12 • 13 • 14

Enjoy the camaraderie  
of competing with  
old & new friends!

VISIT OUR WEBSITE

[www.summitcountyco.gov/wintergames](http://www.summitcountyco.gov/wintergames)

FOR MORE EVENT INFO PRICING & DISCOUNTS

Summit County Community & Senior Center  
0083 Nancy's Place, P.O. Box 1845, Frisco CO 80443 | 970.668.2940

SUN • FEB • 12

OPENING DINNER

Join us for a delicious pasta dinner to  
kick off the 2017 50+ Winter Games!

Summit County Community  
& Senior Center

SILENT AUCTION

Don't miss the chance to bid on the  
many great items donated by our  
local businesses.

Summit County Community  
& Senior Center

MON • FEB • 13

SKATING EVENTS

Show off your speed skating, figure  
skating, and hockey shoot skills.

Keystone Lake

ALPINE EVENTS

Bring the speed to slalom, rally and  
obstacle course races.

Dercum Mountain

TUE • FEB • 14

NORDIC EVENTS

Mix things up in Nordic, biathlon,  
snow shoe races and snowball toss.

Frisco Nordic Center

AWARD PRESENTATION

You could be the next  
Summit County 50+ Winter Games  
GOLD MEDALIST!

Summit County Community  
& Senior Center

\$15 | opening dinner  
\$35 | compete in all events

ONLY \$50 for  
3 DAYS OF FUN!!

## Important Information

### Programs Accepting Donations

Want to make a donation for the holidays? Look no further than the Senior Center! Programs like Meals on Wheels and Medical Transportation could always use more financial support. Call and make a donation to a program you want to support today! (970) 668-2940.

### Membership Renewal Information

You can renew your membership for 2017 at Monday night dinners. There will be a table to take your information and money. For the first time ever you will be able to pay with a credit card.

### The Summit Seniors Foundation

To make a gift contribution to the Summit Seniors Foundation by a provision in a will or revocable living trust, please mail to: Summit Seniors Foundation, PO Box 1845, Frisco, CO 80443.

### AmazonSmile

AmazonSmile is a part of Amazon.com which donates 0.5% of the price of your eligible AmazonSmile purchases to an organization of your choice. Did you know that Summit County Senior Citizens, Inc. has a unique AmazonSmile link that makes it easier for people to find and support our organization?

Here is SCSC's unique link:

[smile.amazon.com/ch/84-0989154](https://smile.amazon.com/ch/84-0989154)

When customers click on this link, they skip the process of searching different charities and instead are automatically asked if they want to support Summit County Senior Citizens, Inc.

### Interested in Providing Quality Respite Relief in Summit?

Respite is when a trained volunteer goes into a home where a primary care giver is caring for a person and gives them support by taking over care for a few hours. This program is vital because being a primary care giver is a 24/7 job and they rarely get a break.

Rob, the program manager, wants to know if there are any interested SCSC members who might want to participate in two 4-hour trainings and get on a list to help support primary care givers. If you are interested, or need more information, please call Rob at (970) 668-2941 or send him an email at [rob.rumrill@summitcountyco.gov](mailto:rob.rumrill@summitcountyco.gov)

## Upcoming Events

### Great Decisions

This US Foreign Policy discussion group meets in the Fremont Room at 3:30-5:30 pm. Dates and topics for January are the following:

- January 18- Steve Ladin on Trade and Politics
- January 25- Brian Hanly on Conflict in the South China Sea

No reservations needed. Optional workbooks for sessions available at the front desk for \$20. For more information contact Steve Ladin at (970) 468-1205 or [Sfladin@yahoo.com](mailto:Sfladin@yahoo.com) or join our email group [summit-greatdecisions@yahoogroup.com](mailto:summit-greatdecisions@yahoogroup.com).

### Timberline Toppers Hosting Ice Cream Social

The Timberline Toppers will host an ice cream social from 6-8:30pm at the Senior Center on Tuesday, January 10. Experience modern square dance! Try out some dance moves and sign up for square dancing lessons which will start January 12. This is *not* your grandfather's square dance! Open to all!

### Loosey Goosey Member Party

January 12 will be the annual party from 3-5pm for members only.

### ♠ ♣ ♥ ♦ Bridge Events ♠ ♣ ♥ ♦

#### Bridge 101 Class

Ever wondered what you need to know to play "modern" bridge? Come to our improving beginner "Green Slope" classes beginning Tuesday, January 31 at the Summit County Senior Center. This group of classes will run from 4:15-6pm for 4 consecutive weeks on Tuesdays. Optional follow-up play will be the next day from 4:15-6pm to help reinforce what you've learned. The classes will be taught by two certified bridge instructors.

The instruction is paced for those who graduated from our "Bunny Slope" classes or individuals who have played in the past, but want to work on their skills. The classes will focus on beginning bidding, responses to your partner and play of the hand. They aren't designed for intermediate or advanced players. The cost for the course is only \$20 for a SCSC member, \$30 for a non-member individual or \$30 for a member couple, \$40 for a non-member couple. Course handouts will be provided.

Nothing is needed but your sense of adventure. Come meet new friends, have fun and form a love for an international game!

*For more information please call 970-513-0376.*

## Bridge Events (Continued)

### Maggies Bridge Club Wine and Cheese Social Hour

Looking to sharpen your bridge skills? Been awhile since you played or want to learn what comes next?

Come to our Maggie's Bridge Club Wine and Cheese Social Hour on Wednesday, January 25 at the Summit County Senior Center from 5:15-6:15pm and meet some of your neighbors and local bridge players! This social hour is designed for those who've played bridge before or that played many years ago and feel they need a "re-introduction" to the game.

Lessons will begin on Tuesday, January 31 at 4pm. We are calling these lessons "Green Slope". The classes will focus on beginning bidding, responses to your partner and play of the hand. They aren't designed for intermediate or advanced players.

Members of Maggie's Bridge club and the course instructors will be on hand to answer questions. Come and make some new friends and learn about this fun International game!

### Round Robin Bridge

Registration is now open for the January to March 2017 season. You and your partner will enjoy one-table party bridge with three or four different pairs during the two-month competition period. You will determine the time and place for each twenty-hand match. If you don't have a partner but would like to play please contact Howard Brown at 970-468-2313 or brown.howard2@gmail.com.

Please include your and your partner's name, address, e-mail and phone number. A sign-up sheet will also be posted on the bulletin board in the Hobby Room at the Senior Center. Participation fee is \$5 per person.

Please register by January 10 by e-mailing Dick Bryant at dick@openwindow.com or calling 520-907-3782. We hope you'll take advantage of this opportunity to share your bridge experience and gain bridge knowledge in a very friendly, social setting.

The Season End Awards Potluck Dinner and unsanctioned duplicate bridge event will be held in March with details to be announced later.

## Happenings

### Kundalini Yoga

Join Melinda for some great yoga classes! Questions? Contact Melinda at (970) 333-0504.

Mon., Wed., Fri.	10am	Senior Center
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## Happenings (Continued)

### Balance Assessment

This in-depth assessment is the first step to taking the N'Balance class and a great way to learn more about your fall risks. Dates and times are available in the Activity Binder at the Senior Center office. If you have questions, please contact Pat Aden at (970) 668-1812 or paden22156@aol.com.

### FREE Fall Risk Screenings

These free screenings are a great, quick way to get a sense of your balance and risk for a fall. In addition, we will identify what you can do to help decrease your fall risk. Dates and times are available in the Activity Binder at the Senior Center office. If you have any questions, please contact Pat Aden at (970) 668-1812 or paden22156@aol.com.

### Line Dancing

Enjoy line dancing with instructors Maggie Postlethwaite and Patty Penta. Please contact them with any questions at Luv2dancemaggie@comcast.net or info@pentaphotography.com.

Saturday, January 14	10am-12pm	Senior Center
Saturday, January 28	10am-12pm	Senior Center

### Timberline Toppers Square Dancing

Mark your calendars for Tuesday, January 10, as the Toppers will host an ice cream social from 6pm-8:30pm at the Senior Center. Experience Modern Square Dance. Try out some dance moves and sign up for square dance lessons starting on Jan. 12. It's not your grandfather's square dance!

- **Saturday January 7-** Caller is Bill Heiney of Arvada
- **Saturday January 10, Ice Cream Social-** Caller is Bear Miller of Littleton
- **Saturday, January 21-** Caller is Bob Riggs of Centennial.

*Come dance with these fun local callers!*

#### Saturday Dances Breakdown:

- 5:30-7pm: Plus
- 7-7:30pm: Round
- 7:30-9:00pm: Mainstream

*Above dances are at the Summit County Community and Senior Center at 0083 Nancy's Place in Frisco.*

*Always check our website to confirm details at [www.timberlinetoppers.org](http://www.timberlinetoppers.org).*

## Happenings Continued

### N'Balance

This dynamic evidence-based class will help you improve your balance and decrease your risks for falls. We work on dynamic balance facilitation, CORE strengthening, gait skills and coordination. This class is taught by physical therapists Pat Aden and Gini Patterson who are certified N'Balance instructors. Optional class donations accepted. Please contact Gini at (303) 810-6879 or Pat at (970) 668-1812.

Tuesdays and Thursdays	1:15-2:15pm	Senior Center
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### Tai Chi for Health

Prevent falls and improve quality of life through Tai Chi. Research has shown Tai Chi improves and possibly prevents chronic conditions like arthritis, heart disease, and diabetes. It can improve balance, immunity, and can reduce stress. For anyone who wants to improve awareness, mobility, coordination and balance through safe and gentle exercises. Saturdays 8:30am. Contact Kim at (970) 376-0545

### Loosey Goosey

The Loosey Goosey group is a "loosely" structured social group of fun and active folks 50 years old and over who enjoy alpine skiing and boarding, often skiing with organized guided senior ski programs at area resorts. The group coordinates popular weekly après ski parties at the Senior Center on most Thursdays, December through March. The annual LG membership dues are \$20 per person (in addition to the SCSC membership of \$15) and can be paid anytime in the SCSC office.

There is an annual member's newsletter that is included with membership dues that details the guided ski programs and special event for our Thursday parties. The parties start at 3pm.

January 12 will be the annual party on a Tuesday. For members only, 3-5pm

For more information, please email Tim at [torwick@gmail.com](mailto:torwick@gmail.com).

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## Senior Trips

### Dog Sledding

Unforgettable fun as you mush a team of Siberian Huskies in the Rockies. You are invited on a 6 mile dogsled tour along the winding trails of the Swan River Valley. All guests switch off between running the dogs, riding the dogsled or riding in a small passenger sleigh. The trip is a unique interactive way to experience dog sledding. Dress in ski wear, after ski boots, gloves, hats, goggles, sunglasses. Don't forget sunscreen. Lunch will be at the Boatyard.

Date: Thursday, January 26, 10am, meet at Senior Center at 9am.

Location: Good Times Adventures in Breckenridge

Cost: \$90 Make check available to Good Times at check in. Lunch not included

Deadline: January 12. No cancellations afterwards  
Trip Leader and Reservations: Corina Aragon, (970) 513-1285, aragon.corina@gmail.com

### "Yohen" at the Theatre Espirite Asia

A powerful drama of a multiracial couple. She's a Japanese immigrant and he's a Black American, as they seek to rediscover what brought them together in the first place. In their poignant attempt to revitalize their lives, they stand to end of the myths of race, love, ambition, and the American Dream. Starring Don Randle and Maria Cheng.

Date: Sunday, February 26 at 2pm with lunch around 12 at the Phoenician (5709 E. Colfax).

Location: Theatre Espirite Asia, 1400 Dallas St, Aurora  
Cost/Signup: Play tickets are \$20 for seniors. Lunch not included. Please sign up and pay at the Senior Center.

Deadline: Friday, February 17.

Trip Leader: Mary Parrott, canoe.parrott@gmail.com, (727) 412-4588.



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♠ ♣ ♥ ♦ **Bridge** ♠ ♣ ♥ ♦

Group	Day	Time	Info	Comments
ACBL Duplicate	Mondays & Fridays	12:50pm - 4:30pm	Mike Huiatt (210) 310-6656	For partners, contact Howard Brown at (970) 468-2313.
Party Bridge	Tuesdays	12:50pm	Drop in	Hobby Room

*Note: Please remain fragrance free as some people are extremely allergic to scents!*

**Novice Game-** January 4 and February 1  
**Ladies Bridge-** January 11 at the home of Laurie Fobes. Cohosted by Julie Lane. 9:45-3pm. Sign up in Hobby Room bulletin board or call Carla Carter at (970) 389-3192.  
**Green Slope Lessons-** January 31 and all Tuesdays in February. 4:15-6pm. The cost for the course is only \$20 for a SCSC member, \$30 for a non-member individual or \$30 for a member couple, \$40 for a non-member couple.

**Book Clubs**

Group	Day	Time	Info	Comments
Page Turners Book Club	Jan. 17	7pm	<i>The 100 Year Old man Who Went Out the Window and Disappeared</i> by Jonas Jonasson	Hosted by Jane Jones. Please RSVP with them by noon on Friday, Jan. 13 at anzasjanejones@gmail.com or at (914) 548-2500
Happy Hour Book Club	Jan. 11	4:30pm	<i>Lilac Girls</i> by Martha Hall Kelly	For more information, contact Diane Williford at rdwilliford@outlook.com

**Games, Social**

Activity	Days	Times	Contact	Location/Info
Dominoes	Tuesdays	6-9pm	Sandy Ruggaber (970) 513-8468	Senior Center
Mahjong	Tuesdays and Fridays	12:45pm	Sandy Ladin (856) 275-7187	Senior Center
Social Improv Games	Thursdays & Sundays	1-4:30pm	Diane Williford (970) 368-5226	Senior Center
GALS (Golden Adventurous Ladies of the Summit)	Jan. 5	4pm	Sandy Ruggaber (970) 513-8468	Pub Down Under

**Quilting**

Group	Day	Time	Contact	Comments
Quilting Retreat	Jan. 14	9am-4pm	Norma (970) 262-1007	Hosted at the Senior Center. Please bring your own project and material.
Sit and Sew	Jan. 9	7pm-9pm	Monique Monique.brownson@gmail.com	Hosted at the Senior Center. Please bring anything to work.
Regular Meeting	Jan. 23	7pm-9pm	Monique Monique.brownson@gmail.com	Hosted at the Senior Center.

**January  
2017**

# Chef Sara's Menu

**Meal reservations are required by 8am the day of the meal.**

Reservations may be made by calling the **Meals Hotline at (970) 668-2944** or by signing up in the Meals sign up book at the Senior Center. Please note that we do not call back to confirm your reservation. Dinners are \$12 per person, and lunches are \$4.00 to \$6.00 on a sliding scale based on income level. Checks should be made payable to SCG. Menus are subject to change. After-dinner presentations are subject to change.

**DINNER - MONDAYS, 6PM**

**LUNCH - TUESDAYS, NOON**

**LUNCH - THURSDAYS, NOON**

*Please join us for "Happy Half Hour" from 5:30 to 6pm before each Monday dinner!*

2 <i>NO DINNER Happy New Year</i>	3 <i>Mexican Fiesta</i>	5 <i>Lasagna</i>
9 <i>Shrimp &amp; Grits</i>	10 <i>Chicken Curry</i>	12 <i>Eggplant Parmesan</i>
16 <i>Rosemary Lemon Chicken</i>	17 <i>Baked Fish</i>	19 <i>Flank Steak</i>
23 <i>Pork Loin</i>	24 <i>Pot Pie</i>	26 <i>Burger Bar</i>
30 <i>BBQ</i>	31 <i>Soup &amp; Sandwiches</i>	

**Community meals include fresh salad, garden vegetables, bread, dessert, coffee, water & iced tea.  
Mountain Meals on Wheels include fresh salad, vegetables, juice and dessert.**

**Please note: The Tuesday and Thursday lunch menu may be subject to change based on product availability and attendance.**

## Cranberry Mustard Sauce

*"This is a great sauce that should be shared with friends and family. Enjoy on pork, chicken, or fish!"  
-Chef Sara*

**Ingredients:**

- 1 12 oz. package fresh or frozen cranberries
- 1 cup water
- 1 cup sugar
- 1/2 cup chopped pecans
- 4 teaspoons Dijon mustard

*Yields: 2 1/4 cups*



**Preparation:**

- Wash and pick over cranberries.
- In a medium saucepan over medium heat, add the water and the sugar. Bring to a boil, stirring until the sugar dissolves.
- Add the cranberries and return to a boil. Reduce the heat and simmer until the cranberries burst, about ten minutes.
- Stir in the pecans and mustard and transfer to a small bowl.
- Let cool completely at room temperature then cover and refrigerate until ready to use. The sauce will thicken as it cools.

# Event Calendar

## January 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
1 Happy New Year	2 <b>Office Closed</b> 9:30am Hares	3 SCSC Board Meeting 1pm Caregiver Support	4 Novice Bridge	5 3pm Loosey Goosey 4pm GALS	6 <b>Newsletter Deadline</b> 3pm Backcountry Seminar	7 5:30pm Square Dancing
8	9 9:30am Hares 4:30pm SCSC Open House 4:30pm Ask a Cert. Financial Planner® 7pm Alzheimer's Talk 7pm Sit & Sew	10 6pm Toppers Ice Cream Social	11 9:45am Ladies Bridge 1pm Medicare 4:30pm HH Book Club <i>Being Mortal</i> Screening	12 3pm Loosey Goosey Members Only Party	13 12:50pm STAC Bridge	14 9am Quilt Retreat 10am Line Dancing
15	16 9:30am Hares 4pm Computer Support	17 7pm Page Turners	18 9:45am 3:30pm Great Decisions	19 3pm Loosey Goosey Senior Trip- Lake Dillon Theatre	20 10am Parkinson's Support	21 5:30pm Square Dancing
22	23 4pm Computer Support 7pm Quilt Meeting	24 3pm Loosey Goosey 7pm Page Turners	25 3:30pm Great Decisions 5:15pm Bridge Social Hour	26 10am Senior trip	27 9am Medicare	28 10am Line Dancing
29	30 9:30am Hares	31 4pm Bridge 101				

### Recurring Weekly Activities

SUN	MON	TUES	WED	THURS	FRI	SAT
1pm Social Improv Games	10am Yoga 12:50pm ACBL Bridge 5:30pm Happy Half Hour 6pm SCSC Dinner	12pm Lunch 12:45pm Mahjong 12:50pm Party Bridge 1:15pm N'Balance 6pm Dominoes	9:30am XC Ski 10am Yoga	12pm Lunch 1pm Social Improv Games 1:15pm N'Balance	10am Yoga 12:45pm Mahjong 12:50pm ACBL Bridge	8:30am Tai Chi

# Classified Ads

## Ad Guidelines

- Ad deadline is the **first Friday of the month** for publication in the *following* month's newsletter.
- Please note the rates for ads:
  - 30 words or less: \$10 for SCSC members, \$20 for non-members
  - 31 - 50 words: \$20 for SCSC members, \$50 for non-members

- No ads over 50 words accepted. (The editor reserves the right to change wording as needed.)
- Please email advertisements to [CandSC@SummitCountyCO.gov](mailto:CandSC@SummitCountyCO.gov) with the subject header on the email: "Ad – Your Last Name."
- Ad payment is due by the first Friday of the month prior. Checks payable to "SCG"

If you have any questions about placing a classified ad, please contact the front desk at (970) 668-2940.

## For Rent

**Breck 2BD/1BA**– Ski Condo, sleeps 4-6, available Jan 27-Feb 3. 1st floor, walking distance to bus routes, no pets. (970) 513-8468

**Breck 2BD/1BA**– Ski Condo, sleeps 4-6, available March 3-10. 2nd floor, walking distance to bus routes, no pets. (970) 513-8468

**Costa Rica 3BD/3BA**- Luxury condo on Pacific Coast Highway. Onsite hot tub and swimming pools. Enjoy nearby Bejuco Beach, restaurants, horseback riding. Breathtaking ocean views. (SCSC Member Discounts) Lillian Bickel (970) 455-0199.

**Frisco 2BD/2BA**– Steps from Main Street, sleeps 6. \$150 a night/summer, \$250 a night/winter. Available short or long term. Call Alysha at (817) 891-3599 or email 337streamsides@gmail.com.

**Frisco Room for Rent**– In 3BD home. Shared bath and kitchen, easy bus access, Monthly or Weekend rental available. Available immediately, \$400/month. Call (303) 883-3871.

**Isla Mujeres, Mexico 2BD/1BA**– Unique townhome on quiet South Point. 20 minute ferry from Cancun, walk to beach, restaurants, and stables. View Sea Turtles and Whale Sharks from the island! Available for 1 week to 6 month rental starting January 2017. For pricing or more information, call Barb at (970) 389-8300.

## For Rent

**Keystone Lock Off**- in private home available immediately. Queen bed, living room, dining and desk area, private bath, entry and mudroom. Call (970) 412-1616 for more details.

**Vail 1BD/1BA**– March 17-24, 2017 Apollo Park at Vail. Located on Gore Creek on Vail shuttle route. Sleeps 5, within walking distance of all restaurants, bars, and lifts. Huge outside hot tub, parking for 1 vehicle. Call Tony at (970) 468-1124.

**Vail 1BD/1BA**– Ski Condo, sleeps 2-4, garden level, walking distance to town and bus routes, outdoor heated pool and grill, no pets. (970) 513-8468

## Services

**Handyman Plus**-Home repair and remodeling. Flooring, tile, drywall, painting, decks, windows, doors. Honest and reliable. Free estimates and references. Recommended in service provider list for Summit Seniors. Sam Maine (719) 264-9492

**House Sitting/Pet Sitting:** In your home. 10+ years experience. Great References. Available Jan 10-May 15. 3 day minimum stay. (720) 272-2219

**House Sitter**– For your peace of mind. As a permanent resident, I am available to check on your home anytime. Carol: (970) 393-3658, or (303) 698-1122, or email cevanouski@yahoo.com

## Services

**Piano and Organ Instruction** Available for adults in Silverthorne! New York Keyboard Instructor, Accompanist and Church Organist since 1967. Beginners/advanced students are welcome!! Call Jeanie Dedrick Kramer at (970) 468-6566.

**Real Estate Services** Bill Rider, licensed Realtor with Keller Williams in Frisco, is a SCSC member and guide in the 50+ Ski group. Bill pledges to donate 5% of his net commission from any transaction to the SCSC in his client's name. For more information call (970) 423-6347 or riderww@gmail.com.

**Summit Legal**- Call Niki for all legal services including wills and trusts. Seniors: free consultation and discounted rates. (970) 393-3123 or summitlegalhelp.com.

## Wanted to Rent

**Senior couple looking to rent 1-2BD condo**- 4 weeks in Feb or Mar in Summit. Nonsmoker, no kids, no pets. References available. Please call (973) 809-6325 or email rickrick465@gmail.com.

**Summer Rental Wanted**– Retired couple looking for a 2-3/BD house, townhouse, or condo to rent for June, July, and August 2017. Dates are flexible. No pets and few visitors, previously rented from same owner for 11yrs. Permanent residents of Tucson, AZ Call (520) 591-3962 or email hank85739@outlook.com.

## Upcoming Events

**Nutrition and Diabetes Classes**- Offered by Gretchen Broeker, Certified dietitian at High County Healthcare in Frisco. All classes cost money but it varies as some insurance covers the cost. Here are the list of classes:

- New Year Kick Off – A Healthy Start to 2017 Wednesday, Jan. 4, 5:30-6:30pm
- Medicare Weight Management Program begins- Tuesday, Jan. 10, 9-10am
- Diabetes Self-Management Class #1- Tuesday, Jan. 10, (must attend both sessions) 1-4pm
- Why Weight Session begins- Thursday, Jan. 12, 12-1pm
- Diabetes Self-Management Class #2 Tuesday, Jan. 17, (must attend both sessions) 1-4pm

To register or find out more for all of these classes call 970-668-5584 or visit [www.highcountryhealth.com](http://www.highcountryhealth.com)

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## Senior Programs

### Care Navigation

Kirstie Taylor, MSW, LCSW and Liz Crandall, MA NCC provide free care navigation services for low-income seniors age 55+. They assist individuals and families with accessing community resources and determining eligibility for public benefits. Schedule to meet with Kirstie at (970) 389-5368 and Liz at (970) 485-1863.

### Medicare Counseling

Did you know that you can have your Medicare questions answered in a private 1-hour session at the Senior Center? Services include: Understanding Medicare, Medicare supplements and cost plans, navigating medicare.gov for your best personal Part D Drug Plan, comparing employer retirement plan to Medicare. Call the Senior Center for an appointment.

### Medical Transportation

Volunteer drivers provide transportation for seniors to medical appointments to Front Range and Summit County. Two weeks' notice please. If you or someone you know is in need of a medical transport, or if you would like to volunteer to be a driver (vehicle is provided), please contact Rob Rumrill at (970) 668-2941.

### Mountain Meals on Wheels

Home-delivered meals are available for homebound residents of Summit County. Meals are delivered on Mondays, Tuesdays and Thursdays. Call Rob Rumrill at (970) 668-2941 if you or someone you know, is

### Outreach Committee

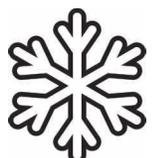
If you know of someone who is ill or could use some cheering up, please contact Andy Searls at (970) 668-0625. She will send them a card.

### Phone Tree

We have a phone tree set up for seniors who live alone who would like check-in calls. If interested in receiving or making calls, please contact Sandy Ruggaber at (970) 513-8468.



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### Computer Classes



There will be no seminars held in January but we'll hold two **"Help Sessions"** as usual on the last two Mondays of the month (see the details below).

There are two ways to sign up for an class: Call the Senior Center (668-2940) or you can copy the following link and paste it in your browser: [https://docs.google.com/spreadsheets/d/13hrEWzwjfgqgIV2H2qyxoz--ETNP5v\\_M4gaNnPe7dZ4/edit?pli=1#gid=1](https://docs.google.com/spreadsheets/d/13hrEWzwjfgqgIV2H2qyxoz--ETNP5v_M4gaNnPe7dZ4/edit?pli=1#gid=1)

Once there find which session you want to sign up for and add your name and other requested information to the list below that activity. If you sign up but then decide not to attend, please let us know ahead of time if possible by calling the Senior Center to cancel.

#### Here are the upcoming Help Sessions:

- **January 16, 4-5:30pm**
- **January 23, 4-5:30pm**

All of our activities (seminars and help sessions) are held at the Summit County Senior Center and cost \$5.00 (for Senior Center members) or \$10.00 (for non-members) to attend.

- 1 **Help Sessions** - A volunteer will assist you on whatever topic or problem you want to discuss. Just tell us how to contact you and provide us with details on your needs for the session. Remember, you *must* sign up by 9:00 AM on the Friday before the Monday session. Also note that we must limit the number of attendees (or spouse pairs) to six, *so please be sure to sign up in advance*. Bring your devices with you so we can help you work with your own equipment.

### Being Mortal Documentary

On January 11 the Alpine Area on Aging and the Hospice Foundation of America present the screening of Dr. Atul Gawande's *Being Mortal* Documentary at the Senior Center.

## Volunteer Opportunities

See more opportunities in the Volunteer Happenings e-blast or on our website. Contact us at (970) 668-2940 or [candsc@co.summit.co.us](mailto:candsc@co.summit.co.us) for more information.

## Snow Shoveling for Seniors

Are you interested in shoveling snow for seniors in our community? We are currently collecting names for interested volunteers. Obviously, you might need to be somewhat flexible. If interested, please send an email to Rob at [rob.rumrill@summitcountyco.gov](mailto:rob.rumrill@summitcountyco.gov).

## Gleaners Needed

Gleaners are volunteers who pickup food around the county and bring them to the Senior Center to be distributed to people in the community for free. We need volunteers for the following routes:

- Dunkin Donuts -Silverthorne on Monday, Wednesday, Friday -pick up mornings after 6am
- Einstein Bagels-Dillon on Sunday at 4pm, Monday at 2pm
- Starbucks -Frisco on Wednesday after 10am

Also we are looking for substitutes to cover when primary gleaners are out of town. Even if you have only limited time, one day helps and mean the difference of having items or not that week. If interested, please contact John and Janet Young at 970-468-1663 or [jyoungsf@aol.com](mailto:jyoungsf@aol.com)

## Junior Achievement

Volunteer with Junior Achievement in local schools! Junior Achievement (JA) is committed to inspiring and preparing young people to succeed in a global economy. JA makes volunteering easy by providing fun, engaging curriculum about entrepreneurship, financial literacy and work readiness skills. Time commitment is just one visit a week for five weeks and all activity materials and training are provided. Contact Sally Messinger at [smessinger@jacolorado.org](mailto:smessinger@jacolorado.org) for more information.

## Domus Pacis

Domus Pacis' monthly *Food for Families Friday* gathering at the Summit Community & Senior Center. Come and cook up a storm on the second Friday of every month, 11am-2pm, as we gather to have fun. No RSVP needed, though if you are sure that you will attend, let Theresa know by calling (970) 547-4745. This is a great way to meet new people and help nourish a family on a cancer journey. If you have an apron please bring it as well as something to tie back or cover your hair and certainly wear closed-toe non-slip shoes.

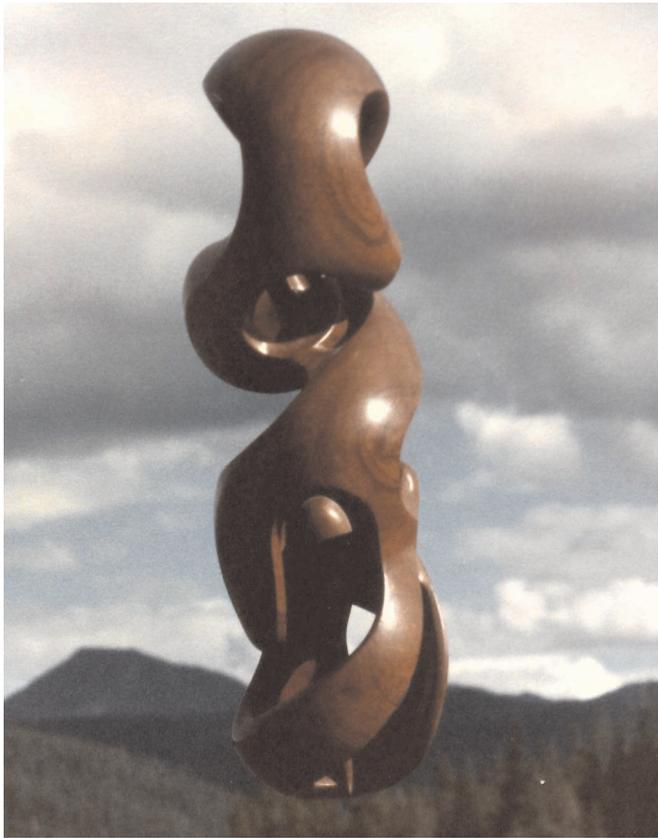
## Other Events

### Aging Gracefully

**The Summit County Community & Senior Center is offering a special series in 2017 to assist our 55+ community to "Age Gracefully". We will be offering free information packed sessions and discussions every month in 2017. All are welcome!**

January 9 will kick off with Alzheimer's expert and published author Megan Carnarius, RN, NHA, LMT will be discussing memory care. She will be joining us for the Monday Night Dinner, 6:00pm and learn valuable information about what you can do to combat Alzheimer's and dementia. She will also be selling her book, *A Deeper Perspective on Alzheimer's and Other Dementias: Practical Tools with Spiritual Insights*. Please make your reservations for dinner (\$12) by calling (970) 668-2944 or just come for the presentation (No charge).

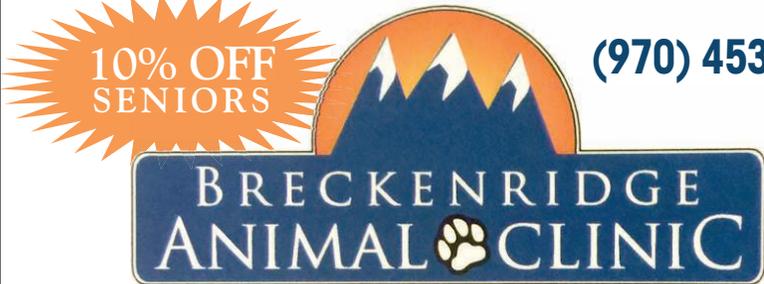
On January 11 Summit County Senior Services and Alpine Area Agency on Aging invite you to a free screening and discussion of the PBS program "Being Mortal" from 5:30-8:00pm at the Summit County Community and Senior Center in Frisco. You will be part of a national dialog taking place in our community that asks "Have you and your family had the tough conversations and planned ahead?" "Being Mortal" delves into the hopes of patients and families facing terminal illness. The film investigates the practice of caring for the dying and explores the relationships between patients and their doctors. It follows a surgeon, Dr. Atul Gawande, as he shares stories from the people and families he encounters. When Dr. Gawande's own father gets cancer, his search for answers about how to best care for the dying becomes a personal quest. This Wednesday dinner is included at no charge. Reserve your spot by calling Amanda Rens-Moon at (970) 468-0295 X117 by January 4<sup>th</sup>. Watch a short trailer at <https://www.youtube.com/watch?v=VRkr09ZMI3w>. After the screening you can participate in a guided conversation on how to take concrete steps to identify and communicate wishes about end-of-life goals and preferences. See the documentary, join the conversation, and explore what matters to you. All are welcome and we hope to see you there! The free screening is made possible by a grant from The John and Wauna Harman Foundation in partnership with the Hospice Foundation of America. Finally, on February 1 the Consortium for Older Adults Wellness (COAW) is offering an introduction to an evidence based training and support for those with chronic conditions called "Healthier Living Colorado" at 1:30pm. This is a self management program developed at Stanford University School of Medicine. Certified Leaders will give you an overview and list of expectations for this course. To reserve your spot, please sign up the Community & Senior Center (970) 668-2940.



Left:  
Mohogany Sculpture called "Woman" by Jim Sielaff

## Highlight Your Photos and Art in the Newsletter

The Senior Center would like to highlight your photos and artwork in the newsletter! If you would like to put your photos and art on display, please send an email with photos and descriptions to [rob.rumrill@summitcountyco.gov](mailto:rob.rumrill@summitcountyco.gov).

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## Outdoor Activities

Snowshoe and XC-Skiing group meeting places: Silverthorne Pavilion (S), Silverthorne Office Max (SOM), Frisco Safeway (F), Gold Hill (GH), Breckenridge Rec Center (south end) (B). Wear appropriate winter layers; **NO cotton, (including jeans)**. Bring a dayback with snack foods/lunch, water, sunscreen and extra layers of warm/waterproof clothing. Bring ski poles.

### XC-Ski Schedule

Most outings are moderately difficult with small hills. Know how to wax, have skis with fish scales and/or bring SKINS. Outings are suitable for all levels of skiers who have mastered snowplow and herringbone skills. **Meet at 9:30am** at meeting place or **10:00am** at trailhead. After each outing, volunteer hosts will provide light appetizers, hearty soups, wine, beer and soda in his or her home. A \$5-6 donation is suggested. Please **RSVP** to the host by the **Sunday before** the Wednesday.

Date	Location	MTG. Place	Leader	Host(s)	Comments
Jan. 4	Peru Creek 7 mi/400' gain	SOM	Randy/Roberta Dakan (845) 742-4975	Sandy Ladin sandyladin@yahoo.com Bonnie Guthrie	
Jan. 11	Mayflower Gulch 4 mi/765' gain	F	Pat Spitzmiller (970) 390-0809	Becky Hopkins Beckyhopkins_43@live.com 970-668-9494 Vivien Bower	Limit of 20 for Lunch. Must RSVP with Becky
Jan. 18	Soda Ridge 6mi/340' gain	SOM	Rick O'Brien (970) 668-5087	Rick and Rose rjobrien1@gmail.com Tom Aguirre	
Jan. 25	The Dredge (Tiger Road) 3 miles	GH	Diane and Ron Williford (970) 368-5226	Diane and Ron Williford rdwilliford@houtlook.com Marcia Ruderman	Bring Skins. Loop with long downhill (or walk down)
Feb. 1	Blue River Trail	B	Dennis/Nancy Rogers <a href="mailto:wwcreate@mac.com">wwcreate@mac.com</a> (970) 232-5348	Gerard Blom gerardbellablom@aol.com Lois Montague	

### Snowshoe Hares

- **January 2-** Old Dillon Reservoir. Meet at Safeway at 9:30am Leader: Becky Hopkins (970) 668-9494
- **January 9-** B&B Breckenridge. Meet at Gold Hill at 9:30am Leader: Bonnie Guthrie (970) 389-5420
- **January 16-** Horseshoe Gulch. Meet at Gold Hill at 9:30am Leader: Ron and Diane Williford (970) 368-2970
- **January 30-** North Ten Mile. Meet at Safeway at 9:30am Leader: Rita Adams (970) 262-6890

### Huff and Puff Snowshoe

Unfortunately there will not be a Huff and Puff snowshoe group this year.



Above: Photograph provided by Rob Rumrill

# Senior Services

*If you cannot make your meeting please call in cancel as their might be a waiting list*

Group	Day	Time	Contact	Comments
Caregiver Support Group	Jan. 3	1pm	Krysta Kolbe For info call (970) 668-2940	Meet at Senior Center. Drop-ins are welcome!
Ask a Certified Financial Planner®	Jan. 9	4:30pm	Aleda Kresge, CFP®	Call to make appointment (970) 668-8448
Medicare Counseling By SHIP Certified Counselors	Jan. 11	1-5pm	Dyann Gray	Call to make appointment (970) 668-2940
Medicare Counseling By SHIP Certified Counselors	Jan. 27	9am-Noon	Ed Ozark	Call to make appointment (970) 668-2940
Parkinson's Support Group	Jan. 20	1am	Anne Watson	For info and meeting place, please call (970) 390-9690.



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ADULT DAY SERVICES

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January 2017



Above: Skijoring Mayflower Gulch with Buckley and Cash. Photograph provided by Rob Rumrill