

# Summit County Seniors

## February 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, February 7**

### March Newsletter Contribution Deadline March 3

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).

### 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 membership cost is \$15.

### SCSC Grants Follow Up

The SCSC received a nice thank you and picture of the snowmobile that the Summit County Rescue Group purchased from the recent grant awarded to them from proceeds of the Rummage Sale. They are honored to have been chosen to receive the Grant and are grateful that the Summit Seniors made it possible.



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!!

## Upcoming 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!

#### February 1: Healthier Living Colorado

This program helps you deal with the challenges of living with ongoing health conditions such as heart disease, asthma, bronchitis, emphysema, cancer, diabetes or arthritis. Research has shown that HLC helps participants cope with fatigue, frustration, pain and stress. The program was developed at Stanford University. The introductory class will begin at 1pm and will run from 30-60 minutes. Leaders will describe the free 6 week Healthier Living Colorado class and what it can do to improve your health. 6 week class sessions are on Wednesdays Feb. 8 - Mar. 15 1-3:30 pm.

#### February 21: Medicare Basics

This session is designed for people who will turn 65 or who will be Medicare eligible within the next year. Medicare beneficiaries and family members, caretakers, and professionals who work with the Medicare Beneficiary population are welcome as well. You will learn about the four parts of Medicare and the many Medicare rules which include important enrollment info, late enrollment penalties, how employer coverage works with Medicare, how to enroll, plan comparison, and assistance and resources to help you with your Medicare now and into the future. 1-3pm.

#### February 21, 28 and March 7: Mindfully Living Series

Dr. Kim Bundy-Fazioli, LCSW will be facilitating a 3-week Mindfully Living Series from 3-4:30pm. Kim is the director of Mindfulness Matters Institute, LLC located in Breckenridge and provides mindfulness-based community trainings and education, as well as mindfulness-based counseling for anxiety, stress, and worry.

Mindfulness is about learning to live in the present moment with compassion and kindness toward self and others. The research on mindfulness practice has shown that we can begin to re-route our neuro-pathways that often reinforce symptoms related to stress, anxiety, and depression. However, mindfulness is a practice focused on training our attention; not unlike, physical training one does in sports. To register for this course, please contact the Senior Center at (970) 668-2940. For more information please go to [www.mindfulnessmattersinstitute.com](http://www.mindfulnessmattersinstitute.com).

*Donations for this course are warmly accepted, but not required.*

### Great Decisions

This US foreign policy discussion group meets in the Fremont room @3:30 PM to 5:30pm.

- Feb. 1- The Future of Europe, Lynda Birkelback
- Feb. 8- U.S. Foreign Policy and Petroleum-Rita Neubauer
- Feb. 15- Saudi Arabia in Transition– Brian Hanly
- Feb. 22– Latin America's Political Pendulum– Mary Parrot

No reservations necessary. Workbooks are available at the front desk for \$20. Useful but not required. For more information contact Steve Ladin at (970) 468-1205 or [sfladin@yahoo.com](mailto:sfladin@yahoo.com) or join our email group: [summitgreatdecisions@yahoogroup.com](mailto:summitgreatdecisions@yahoogroup.com).

### 50+ Winter Games: Free Alpine Race and Nordic Race Clinic

Thursday, February 9, 9-10:30am at Keystone. 3 certified instructors will teach an Alpine race clinic. Must be registered for the Winter Games.

Saturday, February 11, time TBD, at the Frisco Nordic Center. 2 champion race instructors will teach a Nordic race clinic. Also must be registered for the Winter Games.

Register for the Winter Games at the Senior Center.

### Free Preview Concert by Breckenridge Music Festival

Breckenridge Music Festival will do a preview concert Thursday, February 16 from 5:30-6:30pm at the Summit County Community and Senior Center. The program is a String Quartet playing music of Mozart, Piazzilla and Schubert. They will be previewing the concert to be held at Lord of the Mountains Church on Saturday February 18th at 6pm.

There is no charge for the preview concert. SCSC members and non-members are invited to attend.

This program is squeezed between the Loosey Goosey social meeting and the Timberline Toppers square dance. We hope all those folks will come and enjoy this preview. Breckenridge Music Festival is a generous partner of the Summit County Seniors and always support the Winter Games and the summer Rummage Sale.

## Upcoming Events (Continued)

### Veteran Services Presentation

Veterans Service Officer Tom Byledbal will give a very brief presentation on available veterans' services at lunch on Tuesday, January 31.

The Summit County Veterans Service Office provides veterans with information and assistance related to VA health care benefits, copies of military discharges, home loan eligibility certificates, services-connected disability compensation, VA pensions and other needs. The office is located at the Frisco Workforce Center, 602 Galenda St. in Frisco.

Visit [www.SummitCountyCO.gov/veterans](http://www.SummitCountyCO.gov/veterans) for more info.

## ♠ ♣ ♥ ♦ Bridge News ♠ ♣ ♥ ♦

*Have fun and add to your bridge skills!*

You already know how to play but wonder, "How can I step up my game"? How is "modern bridge" being played? Come to our intermediate "Blue Slope" classes beginning Tuesday February 28 at the Summit County Senior Center. This course will run from 4:00-6 pm for 5 consecutive weeks on Tuesday. Optional follow-up play will be the the following day from 4:00-6pm to help you reinforce what you've learned. The classes will be taught by local masters and certified bridge instructors. The instruction is paced for those who graduated from our "Green Slope" classes or individuals who desire to take their game to a new level. The classes will focus on modern conventions, defensive interference, how to calculate the right level for a bid and much more. They aren't designed for 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.

## 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](mailto: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](mailto: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](mailto:Luv2dancemaggie@comcast.net) or [info@pentaphotography.com](mailto:info@pentaphotography.com).

Feb. 11	10am-12pm	Senior Center Patty
Feb. 25	10am-12pm	Senior Center Maggie

### Timberline Toppers Square Dancing

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 February 4-** Caller is Mike Olivieri
- **Saturday February 18-** Caller is Lanny Weakland
- **Saturday, February 25-** Caller is Jerry Jestin

*Come dance with these fun local callers!*

#### Saturday Dances Breakdown:

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

*Mainstream lessons continue on Tuesday's and Thursdays from 7pm-9pm*

*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

In the SCSC brochure Loosey Goosey is described as "Alpine Ski Club." This is NOT the case: Loosey Goosey does not sponsor skiing activities. It is strictly a social club and has parties on Thursday afternoons at the Senior Center. The group coordinates popular weekly après ski parties at the Senior Center on most Thursdays at 3pm, Dec.-Mar. You are welcome to be a guest at ONE of our Thursday parties during the season. Bring a food item or beverage (wine, beer) to share. The annual LG membership dues are \$20 per person (in addition to the SCSC membership) 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 events for our Thursday parties. The parties start at 3pm.

On February 23, we will be honoring the volunteer guides who lead weekly ski groups at the various resorts in the County. For more info, email Tim at [torwick@gmail.com](mailto:torwick@gmail.com).

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## Senior Trips

### Yohen at the Theatre Espirite Asia

This is a powerful drama of a multiracial couple, Japanese and African American, as they seek to re-discover what brought them together in the first place. In their poignant attempt to revitalize their lives, they stand together to end 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, canoeparrott@gmail.com, (727) 412-4588.

### The Toxic Avenger at the Backstage Theatre

The play is a comedy, a love story, and a musical all in one. The story has an environmental twist with an unlikely hero and a corrupt New Jersey Mayor.

Date: March 18, 2017

Location: Backstage Theatre in Breckenridge

Cost/Signup: Tickets are \$34, dinner not included. Please sign up and pay at the Senior Center.

Departure: Carpooling from the Senior Center at 4:30pm

Deadline: Friday, March 10

Trip Leader: Corina Aragon, (970) 513-1285, aragon.corina@gmail.com



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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-** February 1, 12:50pm

**Ladies Bridge-** February 8, 9:45am, Senior Center. hosted by Nancy Mooney and Julie Humphrey. 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.

**Blue Slope Lessons-** February 28, 4:15-6pm, Senior Center. This course will run for 5 consecutive weeks on Tuesdays 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.

**Book Clubs**

Group	Day	Time	Info	Comments
Page Turners Book Club	Feb. 21	7pm	<i>Breaking Wild</i> by Diane Les Becquets	Hosted by Diane Luellen, Please RSVP at dianeluellen@comcast.net or call (970) 468-0207 no later than noon on Friday, Feb. 17.
Happy Hour Book Club	Feb. 8	4:30pm	<i>Our Souls at Night</i> by Kent Haruf	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
Cards and Games (Formally Social Improv Games)	Thursdays & Sundays	1-4:30pm	Diane Williford (970) 368-5226	Senior Center
GALS (Golden Adventurous Ladies of the Summit)	Feb. 2	4pm	Sandy Ruggaber (970) 513-8468 or Judy (618) 830-1023	Dillon Dam Brewery

**Quilting**

Group	Day	Time	Contact	Comments
Quilting Retreat	Feb. 11	9am-4pm	Norma (970) 262-1007	Hosted at the Senior Center. Please bring your own project and material.
Sit and Sew	Feb. 13	7pm-9pm	Monique Monique.brownson@gmail.com	Hosted at the Senior Center. Please bring anything to work.
Regular Meeting	Feb. 27	7pm-9pm	Monique Monique.brownson@gmail.com	Hosted at the Senior Center.

**February  
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	Sesame Chicken
6	Peppercorn Steak	7	Spaghetti & Meatballs
		9	Veggie Enchiladas
13	Salmon	14	Quiche
		16	BBQ
20	Chicken with Sage Gravy	21	Baked Fish
		23	Taco Bar
27	Tuscan Style Pork	28	Red & White Manicotti

**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.**

## Crispy Oven Fried Chicken with Sage Gravy

### Recipe

- ½ C + 2 tblsp flour, divided
- 2 egg whites, lightly beaten
- 1/3 c cornflake/bread crumbs
- 2 bone-in chicken breast halves, skinned
- 2 chicken thighs, skinned
- ½ tsp salt
- 1/8 tsp cayenne pepper
- ¼ c buttermilk
- 1 tblsp butter
- 1 C chicken broth
- ¼ tsp dried sage
- 1/8 tsp pepper



### Preparation:

Preheat oven to 375 degrees and line shallow baking pan with foil. Place a rack in pan and spray with non stick cooking spray. In a shallow bowl place ½ cup flour, cayenne and salt (mixed thoroughly). In another dish the egg whites, and in a third the cornflake/bread crumbs. Place chicken in a bowl and add buttermilk, turning to coat. Press chicken into flour, then egg whites, then crumbs. Place on rack on baking pan. Bake uncovered for 45-60 minutes or until chicken is cooked through, not turning. Melt butter in sauce pan. Stir in 2 tblsp flour and cook for 1 minute. Add chicken broth and whisk until thickened. Stir in sage and pepper. Drizzle over chicken and serve. Enjoy!

**8**

# Event Calendar

## February 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
29	30	31 12pm Veteran Services Presentation 4:15pm Green Slope Bridge	1 1pm Healthier Living CO 12:50pm Novice Bridge	2 4pm GALS	3 <b>Newsletter Deadline</b>	4 5:30pm Square Dancing
5	6 4pm Computer Support	7 SCSC Board Meeting 1pm Caregiver Support	8 9:45am Ladies Bridge 4:30pm HH Book Club	9	10	11 9am Quilt Retreat 10am Line Dancing
12 4pm Winter Games Dinner & Auction	13 4pm Computer Support 4:30pm Ask a Cert. Financial Planner® 7pm Sit & Sew	14 2pm Winter Games Awards 7pm Page Turners	15 1pm Medicare	16 5:30pm Concert	17 10am Parkinson's Support	18 5:30pm Square Dancing
19	20 4pm Computer Support	21 1pm Medicare Basics 3pm Mindfulness Matters 7pm Page Turners	22	23 10am Senior trip	24 9am Medicare	25 10am Line Dancing 5:30pm Square Dancing
26 2pm Senior Trip	27 7pm Quilt Meeting	28 4pm Blue Slope Bridge				

### Recurring Weekly Activities

SUN	MON	TUES	WED	THURS	FRI	SAT
1pm Cards & Games	9:30am Hares 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 4pm Green Slope Bridge 6pm Dominoes	9:30am XC Ski 10am Yoga 3:30pm Great Decisions	12pm Lunch 1pm Social Improv Games 1:15pm N'Balance 3pm Loosey Goosey	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

**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-** Condo, sleeps 4-8. Pets considered. Available May 1-Nov. 1. One month minimum, multiple months preferred. Call or text Deb at (518) 779-1985.

**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 [337streamside@gmail.com](mailto:337streamside@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.

**Frisco 2BD/2BA-** Overlooks Lake Dillon, king in master, W/D, gas fireplace, garage, bike path. Available May 1-Dec. 1. 2-3 months desirable. Carol (269) 760-3264

**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.

### Services

**Cycling Fitness-** Don't let the snow prevent you from cycling this winter! Join us at Endurance Cycling Lab in Dillon to maintain your cycling fitness. Our classes are for everyone, beginner to advanced. Visit our website, [endurancecyclinglab.com](http://endurancecyclinglab.com), or call (970) 458-0071.

**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 and Senior Dog Sitter-** My specialty is caring for senior dogs in their homes exclusively in the Eagles Nest/Three Peaks area. Fantastic references. Text Cathy at (585) 236-6612

### 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](mailto: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](http://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](mailto: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](mailto:hank85739@outlook.com).

### Upcoming Events

**String Quartets-** On Saturday, February 18 at 6pm at Father Dyer Church. Matthew Carrington on viola, Ian Jones on cello, Meghan Jones and Nathan Olson on violin. Mozart's String Quartet in B major, k. 458. Piazzola's Tango Ballet for String Quartet. Schubert's String Quartet in A minor, op. 29. Tickets are \$30 in advance and \$35 at the door. You can purchase tickets by visiting [Breckenridgemusicfestival.com](http://Breckenridgemusicfestival.com) or by calling (970) 453-9142.

**Retirement Planning with a Reverse Mortgage-** Learn about a FHA reverse mortgage, including safeguards, protections and guarantee by the U.S. government. A reverse mortgage can be an option for seniors, age 62+ to increase financial security and peace of mind in retirement. Seniors can gain equity from a current home to access cash that is tax-free and used for anything. Another option is to use a reverse mortgage to right size to a new home that may be better suited to current and future living requirements. With either option, *mortgage payments are eliminated*. Q & A's. Presenter is Anne L. Matchett, Reverse Mortgage Advisor. NMLS #1376047. Date: Monday, February 27, 2017  
Time: 4:30pm – 5:30pm, before the Monday night dinner at 6pm  
Location: UTE Room – FREE, Register at front desk or call (970) 668-2940.

# 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

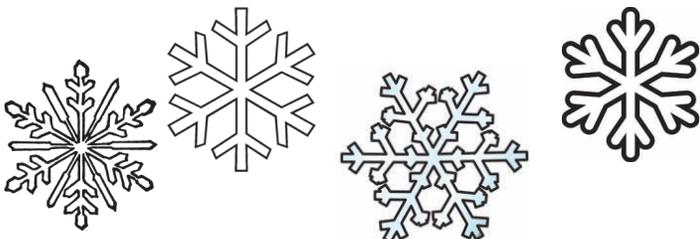
Home-delivered meals are available for homebound residents of Summit County. Meals are delivered on Mondays, Tuesdays and Thursdays. Call Rob Rumrill at (970) 668-2941 if you or someone you know, is in receiving home-delivered meals.

## 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.



## Computer Classes



There will be no seminars held in January but we'll hold "Help Sessions" (see the details below).

There are two ways to sign up for an class: Call the Senior Center, (970) 668-2940, or you can copy the following link and paste it in your browser:

[https://docs.google.com/spreadsheets/d/13hrEWzwjfgqqlV2H2qyxoz--ETNP5v\\_M4gaNnPe7dZ4/edit?pli=1#gid=1](https://docs.google.com/spreadsheets/d/13hrEWzwjfgqqlV2H2qyxoz--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:

- February 6 , 4-5:30pm
- February 13, 4-5:30pm
- February 20, 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.

**DISCLAIMER :**  
Advertisements listed in this newsletter are not an endorsement by Summit County Government (SCG) or Summit County Senior Citizens, Inc. (SCSC). Ads listed herein are paid for by individuals and agencies who wish to promote their services and/or products and are not sanctioned by SCG or SCSC.

## 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 of 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 pick up food around the county and bring them to the Senior Center to be distributed to people in the community for free. **It is a very important program that we do not want to lose, and we very much need more support.** 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 means 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.

### Elks Club Dinner Food Pickup

Twice-monthly food pick up & delivery needed. Be a part of the free weekly Tuesday night dinner at the Elks Club in Silverthorne. Pickup at the Medical Center parking lot in Frisco and deliver to the Elks Club. Pickups are Tuesdays and Thursdays (3pm in the summer, 3:30pm in the winter). No advance commitment, notification one week prior and respond if you can make it. Call or email MaryKay Kelly at (303) 619-0107 or [mkelly44@comcast.net](mailto:mkelly44@comcast.net).

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

Respite is when a trained volunteer goes into a home where a primary caregiver 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, March 16 and 23 at the Senior Center, and get on a list to help support primary caregivers. 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)

### Important Information

#### 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.

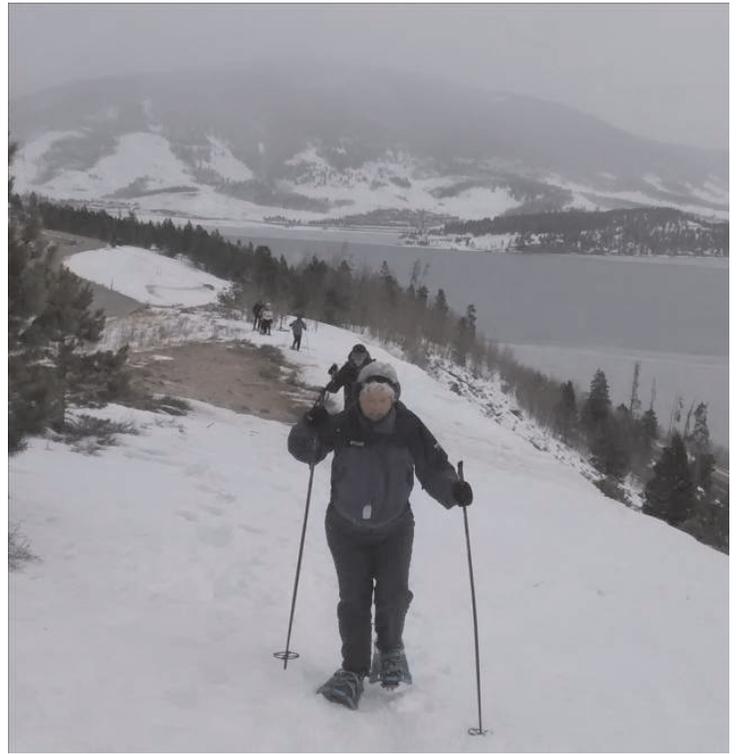
## Important Information (Continued)

### 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).

### Membership Directory Available

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



All photos provided by Diane Williford

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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
Feb. 1	Blue River Trail	B	Dennis/Nancy Rogers <a href="mailto:wwcreate@mac.com">wwcreate@mac.com</a> (970) 232-5348	Gerard Blom <a href="mailto:gerardbellablom@aol.com">gerardbellablom@aol.com</a> Lois Montague	
Feb. 8	Rock Creek 6 mi/900' gain	S	Don Langmuir (720) 318-7688	Don & Margery <a href="mailto:margerylangmuir2@gmail.com">margerylangmuir2@gmail.com</a> Karen Little	
Feb. 15	Peaks Trail or Miners Creek	Call for mtg place & time	Ben & Karen Little (719) 481-4280	Ben & Karen <a href="mailto:poppoplittle@hotmail.com">poppoplittle@hotmail.com</a> Don & Laurel Gardey	
Feb. 22	Acorn Creek 4 mi/1,000' gain	S	Bonnie Guthrie (970) 468-0405	Bonnie Guthrie <a href="mailto:bonniesaunders1@yahoo.com">bonniesaunders1@yahoo.com</a> Sharon Koblinsky	
Mar. 1	B&B 1.5 mi/300' + gain	B	Becky Hopkins (970) 668-9494	Sue Enderlin <a href="mailto:ssenderlin@comcast.net">ssenderlin@comcast.net</a> Mary Kay Rachwalski	

### Snowshoe Hares

- Feb. 6: Trail-Cashier Mine. Leader-Ben & Karen Little, (716-481-4280) Meet at Gold Hill at 9:30 am
- Feb. 13: trail – Salt Lick, Leader-Dave Bittner, (970-390-1604) Meet at Office Max in Dillon at 9:30am
- Feb. 20: Trail – Masontown, Leader-Ben & Karen Little, (716-481-4280) Meet at Gold Hill at 9:30 am
- Feb. 27: Trail-Rock Creek, Leader-Dave Core & Janice Barringer, (303-521-1073) Meet at Target South end of Parking Lot at 9:30am



## 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	Feb. 7	1pm	Krysta Kolbe For info call (970) 668-2940	Meet at Senior Center. Drop-ins are welcome!
Ask a Certified Financial Planner®	Feb. 13	4:30pm	Aleda Kresge, CFP®	Call to make appointment (970) 668-8448
Medicare Counseling By SHIP Certified Counselors	Feb. 15	1-5pm	Dyann Gray	Call to make appointment (970) 668-2940
Medicare Counseling By SHIP Certified Counselors	Feb. 24	9am-Noon	Ed Ozark	Call to make appointment (970) 668-2940
Parkinson's Support Group	Feb. 17	1pm	Anne Watson	For info and meeting place, please call (970) 390-9690.

 <p><b>TIMBERLINE</b> ADULT DAY SERVICES</p> <p><i>Where Friends Gather</i></p> <p>Summit County Community &amp; Senior Center</p> <p>83 Nancy's Place PO Box 1357 Frisco, CO 80443</p> <p>timberlineadultday@gmail.com</p> <p>970-668-2952</p>	 <p>Acupuncture Plus <i>Susan Spencez</i> Doctor of Oriental Medicine (NM) Licensed Acupuncturist (CO) 505.603.2005 Silverthorne, CO www.acupunctureplusnm.com</p>		<div style="background-color: #e67e22; color: white; padding: 10px; transform: rotate(-2deg); text-align: center;"> <p><b>AVAILABLE FOR A LIMITED TIME</b></p> </div> <div style="text-align: center; padding: 20px;"> <p>ADVERTISE YOUR <b>BUSINESS</b> <b>HERE</b></p> <p>Contact Kristen Powell to place an ad today! kpowell@4LPi.com or (800) 950-9952 x5870</p> </div>
	 <p><b>Flourish.</b> Let nothing hold you back.</p> <p>Pediatrics   Family Practice   Internal Medicine Frisco 970.668.5584</p> <p>Family Practice   Urgent Care Breckenridge 970.547.9200   Silverthorne 970.468.1003</p> <p>OB/GYN Specialists Frisco 970.668.5771</p> <p>Since 1993 Se Habla Español.</p>  <p>High Country Healthcare HighCountryHealth.com</p>		

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