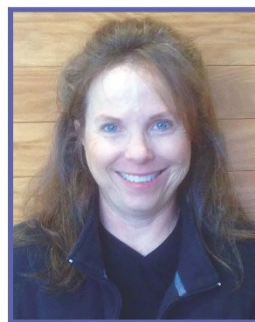


50+ Activities

CINDY MARINO
50+ Activities Coordinator
970-252-4884 • cindy@montroserec.com
Office located in the Senior Center at the
Montrose Pavilion, 1800 Pavilion Dr.



Share Your Ideas! If you have an idea for a 50+ activity or trip, contact Cindy at 252-4884

October 50+ ADVENTURES

To register and pre-pay for a 50+ trip, call the Montrose Recreation District's customer service desk at 970-249-7705. Get on the waiting list if a trip is full.

You are welcome to drive yourself to each event. Due to participant requests, the bus will be available for trips at 50% capacity (7 riders + driver), windows will remain open at all times for ventilation, a temperature and symptom check will be conducted prior to boarding and face masks must be worn at all times. If you drive yourself, the trip fee will be reduced by \$5/person.

If you have driven yourself on a trip this year and didn't receive the \$5 discount, contact Cindy to get a \$5 off coupon for a future trip.

NEW! HIKE - Escarpment Trail on Log Hill, Ridgway – Easy to Moderate 4501011

The Escarpment Trail runs along the edge of the mesa and therefore has incredible views of both the Sneffels Range and the Cimarron Range to the east. This is a 4.4 mile loop with a 275' elevation gain. A shorter 2.2 mile option is available.

Date: Friday, October 23

Time: 9:30 am – approximately 2:00 pm

Fee: \$19 (Bus) 4501011_05

Fee: \$14 (Drive Self) 4501011_06

Location: Meet at the Rec Center at 9:15 am

Limit: 10 due to COVID Restrictions; wear mask, practice 6' social distancing

NEW! Artists Tours 4501007

We will tour with three artists in Hotchkiss.



Ira Houseweart Metal Works – Ira recognized early in life a passion for metal work. He has honed his skill to create a wide variety of furniture, balustrades, sculpture, and hardware, including cabinet hardware, curtain rods, bathroom sets, towel holders, and door latches. He uses traditional forging techniques as well as modern welding fabrication to create his unique pieces. His work can be seen all around the North Fork Valley.

Artist/Photographer Mary Hockenberry - Mary purchased a vacant church in 2014 and turned it into the Church of Art. In 2016 the gallery closed and the process of converting it to a home for Mary and her husband began. They moved in July 2017. They continue to add murals and folk art pieces to the exterior for visitors to enjoy. We will meet with Mary and view the exterior murals.

Wills Gallery and Used Books Store - Tom Wills is the publisher/editor of the Hotchkiss Merchant Herald and owner of the Wills Gallery and Used Book Store. He is an accomplished artist who recently painted a mural on the Church of Art exterior. We will chat with Tom and view some of his art work. You may also check out his book store (2 people at a time).

Ira Houseweart



Tom Wills' mural on the Church of Art

Date: Wednesday, October 28

Time: 8:45 am – approximately 4:30 pm

Fee: \$20 (Bus) 4501007_02

Fee: \$15 (Drive Self) 4501007_03

Location: Meet at the Rec Center at 8:30 am

Limit: 10 due to COVID Restrictions; wear mask, practice 6' social distancing

FREE Educational Seminars at Senior Center

Get The Most From Your Medicare Benefits, Don't Be Taken Advantage Of!

In this electronic age finding easy to understand information on your questions about 'Medicare Open Enrollment' can be daunting. First you need to find out the right questions to ask. Can you go to any doctor or hospital? How does a plan cover chemo therapy or recovery benefits? What companies allow you to get complete coverage even if you are faced with an illness? Know how to compare plans to choose the best plan for your health need. Know how to easily customize your Prescription Drug Plan. Know your guarantee rights when Rocky Mountain Health plans leave the Western Slope.

Date: October 20, 2020

Time: 11:00 am

Presenter: Marilyn Huseby

Call Cindy at 252-4884 to register for this free presentation. Space limited due to COVID 19 restrictions

Ageism

Ageism is the stereotyping, prejudice, and discrimination against people on the basis of their age and it is pervasive! Learn about the initiative called "Changing the Narrative" and how we can end ageism together in Colorado.

Date: Tuesday, November 10

Time: 11:00 am

Presenter: Cathy Trujillo

Call Cindy at 252-4884 to register for this free presentation. Space limited due to COVID 19 restrictions

Montrose Senior Center Limited Reopening

The Senior Center reopened on Monday, October 5, on a limited basis.

The **October** hours are as follows:

Monday	9:00 am – 12:15 pm
Tuesday	9:00 am – 12:15 pm
Wednesday	9:00 am – 12:15 pm
Thursday	9:00 am – 12:15 pm
Friday	CLOSED

50+ Services

All 50+ services are taking place at Montrose Community Recreation Center Meeting Rooms (Call Cindy at 252-4884 to schedule an appointment time for all services)

Reflexology Foot Therapy Appointments from 8:30-Noon
Cheryl Adams, Certified Reflexologist

2nd Friday Monthly
2nd Friday monthly, November 14

Fee: \$15 for 20-minute treatment

Location: Montrose Recreation Center Party room

Pedicures Appointments from 8:45 am to 3 pm

Service includes a foot assessment, toenail trim and filing edges, thinning of nails and callus removal if needed. Service is provided by a Registered Nurse.

Day: Tuesdays, Oct 27, Nov 3, Nov 17

Time: 9:00 am – 3:00 pm

Fee: \$35 for 40-minute pedicure

Location: Montrose Recreation Center Party Room

Chair Massage

Certified Massage Therapists

Appointments from 9 am to 3 pm

2nd Monday monthly, November 9, Donna Rister

4th Tuesday monthly, October 27, Michele Grimmert

Fee for 15-minute massage: \$10 (age 50+); \$15 (under 50)

Location: Montrose Recreation Center Party Room