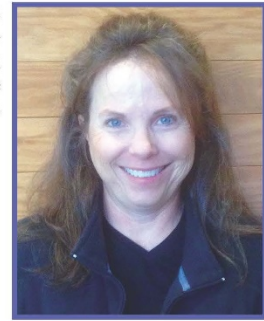


50+ Activities

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

MRD 50+ ADVENTURES

To register and pre-pay for a 50+ trip, phone the Montrose Recreation District's customer service desk at 970-249-7705 or register on-line at www.montroserec.com. We encourage you to get on the waiting list if a trip is full.

If you would like to get on my direct email list for updates, email me at: cindy@montroserec.com. I might be adding tours or cancelling tours. You will be the first to know!

I hope to begin using the bus again for tours in April.

Snowshoeing Black Canyon of the Gunnison National Park 1501022_03

Few recreational activities are as easy to learn and are as much fun as snowshoeing! Dress in layers, wear sunscreen and bring a sack lunch. You must provide your own snowshoes. Location and trip date are subject to change based on weather/snow conditions/COVID restrictions.

We will be snowshoeing on trails at the scenic Black Canyon!

Fee: \$15 Drive Self (no entry fee into the park during the winter)

Date: Thursday, March 4

Time: 9:15 am – approximately 2:00 pm

Location: Meet at the Montrose Recreation Center at 9:00 am to caravan to the Black Canyon

Winter Walking – Uncompahgre River Way Park (Montrose Section) 1501011_01

Colorado Outdoors to the Montrose Community Recreation Center

Easy walk of approximately 3 miles. We will meet at Colorado Outdoors and travel through Cerise Park and Baldrige Park looking for interesting plant and animal life along the way. We will stop at the new Holly Park playground to try out the zip line and then travel on to the recreation center where we will have snacks in the party room or outdoors (weather permitting). You will be bussed back to your vehicles on West Main Street or you can return on foot if you like.

Date: Thursday, March 18

Time: 10:00 am – approximately 12:30 pm

Fee: \$15 Meet at Colorado Outdoors – (fee includes snacks and ride back to vehicles)

Birdwatching Tour 1501024_01

We will travel around the Montrose area on a local birding tour. We will caravan and drive ourselves to select locations. Bring binoculars, spotting scopes and a camera if you have them.

Date: Tuesday, March 23

Time: 9:00 am – approximately noon

Fee: \$19 (includes donation to the Audubon Society)

Pickleball Clinics

Do you want to improve your pickleball skills and learn drills that can help you advance your game? Join us for our pickleball clinics for newer players through lower 3.5 skill level (you must have basic understanding of game rules). We will focus on key components of the game to develop including: serves, drop shots, dinks, drives and lobs. We will work on drills, strategies and game basics for 1 hour and then have time to play for one hour afterwards. Register at the MRD customer service desk. Instructor: Cindy Marino

Dates: Tuesday and Thursday, March 9 & 11

Time: 11:30 am – approximately 1:30 pm

Location: Blue Court Indoors

Fee: \$10

Limit 12 players (we will repeat the clinics if there is interest)

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, March 12

Fee: \$15 for 20-minute treatment

Location: Montrose Recreation Center Party room

Pedicures Appointments from 8:45 am to 3:00 pm

Service includes a foot assessment, toenail trim and filing edges, thinning of nails and callus removal if needed. Service provided by AJ Hinshaw, Pedicurist.

Day: Tuesdays, March 2 & 16

Time: 8:45 am – 3:15 pm

Fee: \$35

Location: Montrose Recreation Center Party Room

Chair Massage

Certified Massage Therapists. Appointments from 9 am to 3 pm

2nd Monday monthly, March 8 , *Donna Rister Appointment held at the Rec Center*

4th Tuesday monthly, March 23, *Michele Grimm*

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

Location: Montrose Recreation Center Party Room

AARP Tax Aide

The AARP Tax Aide Service is taking place this year at the Montrose Recreation District Field House Summit Room located at 25 Colorado Ave.

To schedule an appointment, call 970-596-9873 Monday through Friday between 9:00 am and 2:00 pm.

Tax Aide will begin preparing returns on Mondays, Tuesdays and Fridays **by appointment only** between 9:00 am and 1:30 pm. Only drop-offs will be accepted. You will be called when the return is completed. Call the number above to schedule your appointment!

GetSetUp - Virtual Classes for Colorado's Region 10 Older Adults

Brought To You By Region 10's Area Agency on Aging (Region 10 is an Area Agency on Aging Serving people 60+ in Montrose, Delta, Gunnison, Hinsdale, Ouray, and San Miguel counties).

GetSetUp's mission is to provide an online platform and community that helps older adults enjoy more fulfilling, independent and socially connected lives through learning. *GetSetUp* offers on-demand, engaging learning experiences that range from teaching everyday technical skills to enrichment-focused courses taught by passionate instructors.

Use the coupon code: Region10 when booking your classes. This will waive your fee for any PAID group classes. These small group classes, taught by retired educators, are designed to keep your mind active, allow you to engage with others, increase your ability to live independently, learn new things and most importantly, have fun!

<https://www.getsetup.io/partner/Region10>