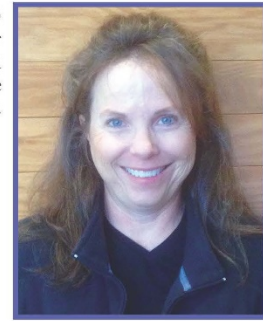


50+ Activities

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

Senior Discount Opportunities

Silver Sneakers, Silver and Fit, and Renew Active – Offer free annual passes to the Montrose Community Recreation Center as part of *some* of their insurance plans. Your secondary insurance might be a provider of Silver Sneakers, Silver and Fit or Renew Active. Contact your insurance company to see if this is a benefit on your policy. If it is, come to our customer service desk at the Montrose Recreation District and get an annual pass covered by your insurance.

The Montrose Recreation District has a scholarship program for seniors age 57+. You can get a 20 punch pass for \$49.50 or pay half price on our 50+ Adventures day trips. There is a \$50 per participant per year limit.

MRD set up a "giving tree" at the rec center last fall. People generously donated so that seniors without disposable income can participate on some of our day trips or get some passes for free! Contact Cindy if interested at 252-4884.

April 2021

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. Be the first to know about upcoming 50+ Adventures.

Spring Hiking at No Thoroughfare Canyon - Colorado National Monument

This 3.6 mile RT hike takes us to a small pool and then to a waterfall in this otherwise arid environment. We will wind our way through this tight canyon in the oldest layer of rock within the park.

Fee: \$15 Drive Self (free day at Colorado National Monument) **1501011_03**

Fee: \$20 Bus **1501024-02**

Date: Saturday, April 17

Time: 8:15am – approximately 4:00 pm

Location: Meet at the MRD FIELD HOUSE at 8:00 am

Sage View Ranch and The Bross Inn Tour plus Lunch in Paonia

Sage View Ranch is an 11.5 acre space nestled in the North Fork valley that offers you a place to park your RV, tent camp, bus glamp, stay in the main house or host your special event. We will tour the grounds and meet the resident goats, chickens and Rodney the rooster. When the Bross Hotel opened in 1906, it was considered "the only really first-class hotel in the county". It has been renovated with an eye to the period in which it was built.

Date: April 22

Time: 9:00 am to approximately 4:45 pm

Fee: \$21 Bus (bring a sack lunch or bring money for lunch in Paonia) 1501024_03

Fee: \$16 Drive yourself (bring a sack lunch or bring money for lunch in Paonia) 1501024_04

Location: Meet at the Senior Center at 8:45 am

Lunch Bunch Group (formerly our 80's and 90's Group) – Day out of Town!

This is a tour for people ages 70-90+. We are traveling to Confluence Park to do some bird watching, then to north Delta to view the cranes and finally head to lunch at Davetos. We will take the scenic route back to Montrose going through Pea Green, the outskirts of Olathe and across Spring Creek Mesa. Join us for a day out of town!

Date: Thursday, April 29

Time: 10:00 am – approximately 2:30 pm

Fee: \$15 1501024_02

Location: Meet at the Montrose Recreation Center at 9:45 am

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, April 9

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, April 13 & 27

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, April 12 , *Donna Rister Appointment held at the Rec Center*

4th Tuesday monthly, April 27, *Michele Grimm*

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

Location: Montrose Recreation Center Party Room

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>