

50+ Activities

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

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



MRD Fall Round Robin Pickleball Tournament - September 19, 2020
We had a total of 64 players with 32 in the first round and 32 in the second round.

Players competed in 3.0, 3.5 and 4.0+ divisions with the following winners:

8:00 am (3.5 Division)

1st Place Rich Ward (Montrose)
2nd Place Paul T Miller (Montrose)
3rd Place Cooper (Montrose)

4.0+ Division

1st Place Corey Elliott (Montrose)
2nd Place Dan Burke (Hotchkiss)
3rd Place Bev Burker (Hotchkiss)

11:00 am 3.5 Division

1st Place Kent Snowbarger (Grand Junction)
2nd Place Reid Henry (Ridgway)
3rd Place Tie Marsha Collins (Gunnison)
Jeff Patterson (Montrose)

3.0 Division

1st Place Pete Robinson (Clifton)
2nd Place Shawna Cottingham (Grand Junction)
3rd Place Sharon Harley (Eckert)

A special thanks to the volunteers who make these tournaments possible: Lynn Bartling, Craig Whipple, Doug Rood, Nancy Nyman, Maxine Behrman, Gini Wise, Nikki Schmalz, and Kent & Tresa Davenport.

THE SENIOR SCENE

October 2020 Montrose, Colorado

Donations may be made to the Senior Patron Fund

GOLDEN CIRCLE SENIORS, Inc. PRESIDENT'S MESSAGE FOR OCTOBER

The special meeting of the Golden Circle Seniors Inc. was held yesterday, September 17. We voted with paper ballots; the vote outcome was 9-7 in favor of a Partial Re-Opening to begin October 5, 2020.

First, I send out huge thank yous to Kara McKenna, Pavilion Manager, and Cindy Marino, Montrose Recreation District Coordinator, for all the hours you have invested in the planning of this partial re-opening.

Following the special meeting I met with Kara and Cindy to execute the "Events Use Permit COVID Compliance Plan". A copy of the plan will be included so all can understand the necessary actions required for compliance with Montrose City and County (see page 4).

Masks, (worn covering the nose), will always be required. Shields are not acceptable. Distancing is vital from the front door until you depart the center.

- Sheryl Clapton, GCSC President

Golden Circle Programs at Montrose Pavilion Senior Center

Fun, Free, Educational Lecture Series

Pre-registration required by calling Cindy at 252-4884. There is a limit on the number of participants.

Location: Senior Center Dining Room

Masks required along with six-foot social distancing

Tuesday, October 13, 11 am

"Election Education"

Learn about the 11 statewide ballot issues from the non-partisan League of Woman Voters.

Presenter: Nancy Ball, League of Women Voters

Tuesday, October 20, 11 am

"Navigating Medicare" 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 and how does a Plan cover chemotherapy 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.

Presenter: Marilynn Huseby



SENIOR CENTER AND ACTIVITIES UPDATES

Provided by Cindy Marino

Montrose Senior Center Scheduled for Limited Reopening on Monday, October 5

The Golden Circle met on Thursday, September 17 and voted to reopen the Senior Center on October 5 on a limited basis.

The Senior Center will be open Monday – Thursday and will be closed on Friday. We will offer exercise classes, line dancing, jam session, Black Canyon Woodcarvers, Crafty Chatty group, ceramics class and educational presentations. We will offer library book and puzzle checkout on Mondays from 11 am – 2 pm.

The Senior Center will not be serving lunch, offering games or the Saturday night dances at this time.

The Senior Center is open for participants who are participating in our activities and is no longer a gathering place for now. You will come in, sign in, participate in your activity and then exit. No congregating after your activity will be allowed at this time.

It is imperative that we adhere to the following COVID precautions.

Facemasks required 100% of the time covering both nose and mouth. Note: if you are not able to wear a facemask for an extended period of time, this is not the time for you to return.

Complete contact tracing sheet upon entry.

Temperature and symptom check upon entry,

A separate entrance and exit will be established – no entry or exit through the billiards room.

6-foot social distancing required.

No food allowed to be brought in.

No congregating after completion of the activity.

Capacity limits for all activities

Must pre-register for Educational Presentations by calling Cindy at 252-4884.

Contact Information

We are putting together a list of Senior Center participants to share so that you can all connect by phone, meet up for coffee, or get together. If you would like to be included on this list, please send an email to Marti Hahn at lorainemhahn@gmail.com or call Cindy at 252-4884 with your contact information. Include your name, phone number and email address. If you have anything that you might need help with, please indicate that as well (i.e. picking up groceries, snow removal, etc.).

GOLDEN CIRCLE MEETING

Join us on October 9 at 9 am
in the Dining Room of the Senior Center

OCTOBER CELEBRATIONS

OCTOBER BIRTHDAYS

Sarah Murphy
Mack Scarborough
Ester Montonati
Rita Silva
Mary Ann Albright
Angeles Feldhaus
Marvin Oliver
Joyce MacRae

October 2
October 4
October 5
October 15 (1942)
October 17
October 17 (1944)
October 20 (1925)
October 21 (1925)



RECUPERATING

UPDATE: **Blondie Campbell** is healing up well from an operation to fix a broken hip she received during a fall. She is learning to walk with a cane.

UPDATE: **Bob Abbott** made it through his back surgery on September 3 and is out and about.

Make friends
your own age,
have fun,
make a
difference
and give your life
a focus.



Call Cindy at
252-4884
if you have
questions.

Meet every Friday at Lions Park (602 N. Nevada) at noon, bring a sack lunch if you like, and socialize. Wear your face mask and social distance.

Beginning on Thursday, October 15, this group will meet at the Senior Center on the third Thursday monthly from 10-11 am.

ABBREVIATED PAVILION SENIOR CENTER PHONE LIST

Senior Center Desk 252-4888

Cindy Marino with 50+ Activities 252-4884

Marilynn Huseby with
Colorado Retirement Services 901-9914

Pavilion Event Center 249-7015

REMINDER

Don't forget to renew your subscription to the Senior Scene if it is about to expire. See the form on last page of the Senior Scene for instructions.



50+ ADVENTURES

To register and pre-pay for a 50+ trip,
phone the Montrose Recreation District's
customer service desk at 970-249-7705. Get
on a 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 (6 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.

NEW! Hike: Rim Trail Uncompahgre Plateau - Moderate

Date: Thursday, October 1

Time: 8:15 am to approximately 2:30 pm

Fee: \$19 Bus

Fee: \$14 Drive self to the trailhead

Location: Meet at the Rec Center at 8 am (bring a sack lunch)

Limit: Bus limit 6; Self drive limit 4

We will hike through the aspen trees with great views of the San Juan Mountains. This is an approximate 4-mile hike with about a 400-foot elevation gain.

Sign up for the MRD bi-weekly newsletter to learn about additional trips offered in October. To sign up, go to www.montroserec.com.

If you ever get cold,
just stand in a corner
for a bit.
They're usually
around 90 degrees.

The Colorado Retirement Services

Open
Enrollment

Oct 15 - Dec 7 2020

Need assistance for your
2020 Medicare choices and
your Prescription Drug Plans?

Call Marilynn at 970-901-9914 for an appointment.



MONTROSE PAVILION SENIOR CENTER CALENDAR

OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For general information call Cindy at 252-4884.</p> <p>(*) <i>Resource Services Program.</i> Call Marilynn at 252-1040 for more information.</p>	<p>The Billiards Room is open Monday - Thursday, 9 am to 12 pm</p> <p>There is a limit of 8 players in the room at one time.</p> <p>Sign up outside the Billiards Room to reserve your time.</p>		<p>1 50+ HIKE — Fall Color Uncompahgre Plateau</p> <p>9-12 Billiards 9-9:30 Moving w/Mike 10-12 Black Canyon Woodcarvers 12:15 Senior Center closes</p>	<p>2</p> <p>SENIOR CENTER CLOSED ON FRIDAYS</p>
<p>5 9-12 Billiards 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice 9:45 Chair Yoga 10-12 Line Dancing 12-2 Jam Session in Dining Room 2:00 Senior Center closes</p>	<p>6 9-12 Billiards 9-9:30 Moving w/Mike 9:45-11:30 Crafty Chatty 12:15 Senior Center closes <i>Pedicures at Rec Center</i></p>	<p>7 9-12 Billiards 9:00 Stretch Exercise 10-1 Ceramics 1:15 Senior Center closes</p>	<p>8 9-12 Billiards 9-9:30 Moving w/Mike 10-12 Black Canyon Woodcarvers 12:15 Senior Center closes</p>	<p>9</p> <p>SENIOR CENTER CLOSED ON FRIDAYS</p>
<p>12 PAVILION and SENIOR CENTER CLOSED FOR</p> <p></p>	<p>13 9-12 Billiards 9-9:30 Moving w/Mike 9:45-11:30 Crafty Chatty 11:00 Presentation: "Election Education" 12:15 Senior Center closes</p>	<p>14 9-12 Billiards 9:00 Stretch Exercise 10-11 Bingo 10-1 Ceramics 1:15 Senior Center closes</p>	<p>15 9-12 Billiards 9-9:30 Moving w/Mike 10-11 '80s & '90s Club 10-12 Black Canyon Woodcarvers 12:15 Senior Center closes</p>	<p>16</p> <p>SENIOR CENTER CLOSED ON FRIDAYS</p>
<p>19 9-12 Billiards 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice 9:45 Chair Yoga 10-12 Line Dancing 12-2 Jam Session in Dining Room 2:00 Senior Center closes</p>	<p>20 9-12 Billiards 9-9:30 Moving w/Mike 9:45-11:30 Crafty Chatty 11:00 Presentation: "How to Understand Medicare and Get the Most Out of the Benefits" 12:15 Senior Center closes <i>Pedicures at Rec Center</i></p>	<p>21 9-12 Billiards 9:00 Stretch Exercise 10-11 Bingo 10-1 Ceramics 1:15 Senior Center closes</p>	<p>22 9-12 Billiards 9-9:30 Moving w/Mike 10-12 Black Canyon Woodcarvers 12:15 Senior Center closes</p>	<p>23</p> <p>SENIOR CENTER CLOSED ON FRIDAYS</p>
<p>26 9-12 Billiards 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice 9:45 Chair Yoga 10-12 Line Dancing 12-2 Jam Session in Dining Room 2:00 Senior Center closes</p>	<p>27 9-12 Billiards 9-9:30 Moving w/Mike 9:45-11:30 Crafty Chatty 12:15 Senior Center closes <i>10-3 Chair Massage with Michele at Rec Center</i></p>	<p>28 9-12 Billiards 9:00 Stretch Exercise 10-1 Ceramics 1:15 Senior Center closes</p>	<p>29 9-12 Billiards 9-9:30 Moving w/Mike 10-12 Black Canyon Woodcarvers 12:15 Senior Center closes</p>	<p>30</p> <p>SENIOR CENTER CLOSED ON FRIDAYS</p>

Please Note: This is the FINAL agreement between the Pavilion Manager, Kara McKenna, and the President of the Golden Circle Seniors, Sheryl Clapton. The signature pages have not been included.



EVENTS USE PERMIT COVID COMPLIANCE PLAN

Golden Circle Seniors: Effective October 5, 2020- Until Further Notice

Location: Senior Center

1. Limited Capacity by Social Distancing Calculator

Capacity of the Senior Center beginning Monday, October 5, 2020 is **50 people maximum**. This does not include Pavilion Staff Members or Montrose Recreation District Coordinator, Cindy Marino. This capacity is effective until further notice. Specific room capacities are: Craft Room (8) people and Pool Room (8) people maximum. Once at capacity, it will be a one in and one out for capacity.

2. Contact tracing

Upon entering Senior Center, attendees will have their temperature taken by Pavilion Staff Member or Golden Circle Senior Volunteer assigned for the day. If attendee has temperature over 100.4 degrees, they will not be permitted entrance. Attendees will sign contact tracing form with name, address, phone number and document entrance time as well as exit time upon departure. Forms will be given to Pavilion Manager daily.

3. Entry and Exit

A queue will be created at the entrance and social distancing must be established. A separate exit and entrance will be established. The entire perimeter will be marked off by stanchions and no congregating is permitted at any time. Hand sanitizer and masks will be available at check in. Pavilion Staff Member and Golden Circle Senior Volunteer assigned for the day will count each person per activity and ensure no capacities are violated.

4. Staggered Hours

Doors will open at 9:00 a.m. sharp each day and attendees must leave their designated activity immediately following scheduled end time. They will be asked to leave if they are found to be congregating beyond their scheduled activity. Hours of operation during this time are: Monday, 9:00 a.m.- 2:00 p.m., Tuesday 9:00 a.m. - 12:15 p.m., Wednesday 9:00 a.m.- 1:15 p.m. and Thursday 9:00 a.m.- 12:15 p.m. After-hours access to anyone beyond staff is prohibited.

(Continued on Page 5)

EVENTS USE PERMIT COVID COMPLIANCE PLAN, continued from Page 4



5. Social Distancing Reminders

Social distancing floor markings will be placed at entrance area, at all activity areas and throughout center. Staff and volunteers will remind attendees of social distancing guidelines if they are not adhering to guidelines. Attendees are required to maintain at least 6 feet of physical distancing from others as much as possible.

6. Cleaning and Sanitizing

Pavilion Staff will clean bathrooms prior to opening each day and once every hour during open hours. Tables and chairs will be preset daily prior to opening and will be sanitized before open hours and at the end of day. They will also clean all high touch surfaces hourly during open hours to include door handles, light switches and other common touch points. A cleaning log will be maintained each day.

All Senior Center games, videos, workout equipment and pool sticks must be sanitized between groups by Golden Circle Seniors or Montrose Recreation District. Library storage bins must also be cleaned weekly by Golden Circle Seniors or Montrose Recreation District. A cleaning log book will be maintained and turned in weekly to Pavilion Manager.

Due to cleaning requirements and social distancing, Golden Circle Seniors Office and Front Information Desk will be closed until further notice at the discretion of Golden Circle Seniors President.

7. Food and Beverage Services

Since meals are not currently being served, kitchens will remain closed to all Senior Center Activities. No outside food is allowed in Senior Center. No self-serve beverage stations are permitted and water fountains will remain closed.

8. Masks

Masks must be worn by all attendees at all times except when they are eating or drinking, if it is not age appropriate or would inhibit an individual's health. Face shields must be accompanied by a face mask or covering per County Health Guidelines.

9. Activity Setup and Guidelines

Setup in Senior Center will be in accordance with social distancing and sanitizing guidelines. Attached setup diagrams will be the agreed setups until further notice. During this time, Senior Dances, singing and shared materials are not permitted. If any activities do not follow guidelines, they will be removed from schedule. Failure of attendees to comply will be documented and could result in refusal of admittance and service.

When Great Trees Fall

Maya Angelou

*When great trees fall,
rocks on distant hills shudder,
lions hunker down
in tall grasses,
and even elephants
lumber after safety.*

*When great trees fall
in forests,
small things recoil into silence,
their senses
eroded beyond fear.*

*When great souls die,
the air around us becomes
light, rare, sterile.
We breathe, briefly.
Our eyes, briefly,
see with
a hurtful clarity.
Our memory, suddenly sharpened,
examines,
gnaws on kind words
unsaid,
promised walks
never taken.*

*Great souls die and
our reality, bound to
them, takes leave of us.
Our souls,
dependent upon their
nurture,
now shrink, wizened.
Our minds, formed
and informed by their
radiance, fall away.
We are not so much maddened
as reduced to the unutterable ignorance of
dark, cold caves.*

*And when great souls die,
after a period peace blooms,
slowly and always
irregularly. Spaces fill
with a kind of
soothing electric vibration.
Our senses, restored, never
to be the same, whisper to us.
They existed. They existed.
We can be. Be and be better.
For they existed.*

RIP RBG
RIP JP

50+ Services

All 50+ Services are taking place at the
Montrose Community Recreation
Center meeting rooms.

(Call Cindy at 252-4884 to schedule an
appointment time for all services.)



Reflexology Foot Therapy Appointments 8:30-Noon

Cheryl Adams, Certified Reflexologist

2nd Friday monthly, October 9

Fee: \$15 for 20-minute treatment

Location: Montrose Recreation Center Party Room

Pedicures Appointments from 8:45 am - 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, Darlene Sprague.

Day: Varying Tuesdays monthly

Fee: \$35 for 40-minute pedicure

Location: Montrose Recreation Center Party Room

Chair Massage

Certified Massage Therapists

Appointments from

Monday, October 12, Donna Rister..... 9 am - 3 pm

Tuesday, October 27, Michele Grimmett..... 10 am - 3 pm

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

Location: Montrose Recreation Center Party Room

Stay
safe
AND
healthy

The Senior Scene

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*Mail change of address or contributions for the
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drop it off at the Senior Center.*

Editor: Linda Munson-Haley: 970-249-9366

THE GOLDEN CIRCLE SENIORS ARE ONLINE!

Visit us on our Facebook page
(Golden Circle Senior Center)
or on the web at: goldencircleseniorsinc.org.

CORONAFUNNIES

- ☺ Whose idea was it to sing "Happy Birthday" while washing your hands? Now every time I go to the bathroom, my kids expect me to walk out with a cake.
- ☺ I never thought the comment "I wouldn't touch them with a six-foot pole" would become a national policy, but here we are!
- ☺ My husband purchased a world map and then gave me a dart and said, "Throw this and wherever it lands—that's where I'm taking you when this pandemic ends." Turns out, we're spending two weeks behind the fridge.
- ☺ Ran out of toilet paper and started using lettuce leaves. Today was just the tip of the iceberg, tomorrow romaines to be seen.
- ☺ After years of wanting to thoroughly clean my house but lacking the time, this week I discovered that wasn't the reason.
- ☺ If I keep stress-eating at this level, the buttons on my shirt will start socially distancing from each other.
- ☺ The World Health Organization announced that dogs cannot contract COVID-19. Dogs previously held in quarantine can now be released. To be clear, WHO let the dogs out.
- ☺ Why do they call it the novel coronavirus? It's a long story....
- ☺ What's the best way to avoid touching your face? A glass of wine in each hand.
- ☺ I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it.
- ☺ If there's a baby boom nine months from now, what will happen in 2033? There will be a whole bunch of quaranteens.

Be Silent and Your Heart Will Sing

*Close your eyes.....and you will see clearly
Be silent and your heart will sing
Stop listening and you will hear the truth inside
Seek no contact and you will find union
Be still and you will move forward on
the tide of spirit inside yourself
Be gentle and you will need no strength
Find patience and you will achieve all things
Humble yourself and you will remain entirely
whole
inside yourself*

– MH

Stay the Course

During a time such as this, many seniors have become down-hearted and disenchanted with life. Some of us are finding it challenging to make sense of how to move forward. With uncertainty often comes a standstill or a shutdown. Regardless of your circumstances, where the spirit of one's soul lives there is a common thread we all share. We are looking for a place that gives us permission to be who we truly are.

Unless you're Superman or Wonder Woman, you must trust your instincts, open your heart and stay the course.

Staying the course can be difficult to maneuver at times but doable when you are centered on doing the right things at the right time for the right reasons and learn to be true to yourself first. Many articles have been written about Richard Eugene Cook, a local farmer who is currently farming about 40 acres of grass hay. In September, he turned 91 and can add another notch to his list of accomplishments: learning how to cope through the COVID-19 pandemic.

He advises ALL of us to "count your blessings and help those in need and stay the course". At the encouragement of his beloved partner Marilyn and countless friends, he agreed to share parts of his life with you. "I'm a humble shy man. If anything I say can help someone change a sad moment to a moment of hope - how can anyone say no?"

Staying the course, never losing hope and sharing his life and gifts has seen Richard through a life born during the Great Depression in Oklahoma to being carried by the Dust Bowl winds to the Western Slope. As a champion wrestler for Montrose High, class of 1948, his skills acquired as a young FFA member, and his rodeo toughness helped him through some of life's toughest challenges. His moment of toughness came in 1952 during the Korean War when he realized one man was missing. Without hesitation, he went back and "got him". As a Purple Heart recipient and Korean War Army veteran, it's "That Spirit" that has helped Richard stay the course. As a successful sheepherder, going after strays and moving the herd forward was crucial to survival. With a team of buddies and strong horses, a herd of 2,000 sheep crossed over the San Juan Mountains, from Silverton to Telluride.

How do you stay rodeo tough and open your heart? Farming teaches you that every day is about life: birth, death and productivity. After 75 years of farming, he still gets up between 4:30 and 5:00 in the dark morning.

As much as farming has given Richard's life purpose, he also knows that opening your heart to love is a risk. Learning to trust others and receive the love given, is not easy; it's like farming. You have to open up the dirt, plant the seed and nurture the land and animals. It's not easy, but it's important to me. Sharing your heart and making time for loved ones and friends, is an unspoken gift. Rodeo tough means country strong and tender heartedness and the need to feel equally yoked.

Find a partner to share your joys and burdens with. It is important to have friends that are honest, genuine and empowering to one another to stay the course of true friendship.

The thread that runs through this story is: Share your life. Be honest, sincere and give with an open mind and heart. Some of us take more risks than others, but don't let fear rob you of "One Mores" – one more walk, one more visit, one more adventure, one more whatever. Don't walk alone, walk in a circle of friends... and stay the course.

– Sieglinde Carpenter
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