

## September 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 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 (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.

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.

### **Local Business Tour – Delta 4501024\_01 (3 openings available)**

DTS Fluid Power builds and repairs hydraulic components for large mining and drilling equipment. These machines are among the largest in the world. We will see large lathes, mills, tear down and test benches as well as unusual welding processes during our visit to their facility.  
Fee: \$19

Date: Tuesday, September 22

Time: 9:15 am – approximately noon (bring money for optional lunch out after the tour)

Location: Meet at the Rec Center

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

### **Moderate to Difficult Hike - Bridal Veil Falls 4501011\_02 (trip is full – get on the waitlist)**

The hike to the top of Bridal Veil Falls starts at a large parking area just past the Pandora Mill at the east end of Telluride. We will follow the dirt and gravel jeep road as it switchbacks up the northeast wall of the dramatic box canyon at the head of the Telluride valley. Colorful eroded canyon walls loom overhead while in the distance Bridal Veil Falls, Colorado's tallest free falling waterfall, plunges 365-ft. from just beneath the Bridal Veil power plant.

Distance: 4.0 miles (RT), Elevation: 9,020-ft. at Trailhead, Maximum elevation - 10,400-ft.

Elevation Gain: 1,380-ft., Difficulty: Moderate (Difficult for some due to the elevation gain)

Date: Tuesday, September 29

Time: 8:00 am – approximately 2:30 pm

Fee: \$19

Location: Meet at the Rec Center at 7:45 am

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

### **NEW! The Road Less Traveled with Alpine Scenic Tours 4501014\_01 (8 openings available)**

This is a lower elevation ride that begins with a cool road that goes up into the amphitheater. We will combine this with another road that climbs up above the valley across from the KOA. There are great views and interesting mining ruins. From there we will take the scenic county road back to Ouray for this loop trip.

Date: Thursday, September 24

Time: 8:00 am – approximately 2:30 pm

Fee: \$79

Location: Meet at the Rec Center at 7:45 am

Limit: 9 - Must wear face mask during tour

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

The Golden Circle met on Thursday, September 17 to discuss and vote on a possible limited reopening of the Senior Center. With a vote of 9 to 7, seniors present at the meeting decided to reopen the center in limited capacity on Monday, October 5.

The Senior Center will be open Monday – Thursday and will offer exercise classes, line dancing, jam session, Black Canyon Woodcarvers, Crafty Chatty group, ceramics class and educational presentations. The library and puzzle check out time will be 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.

COVID precautions will be in place including:

Facemasks required 100% of the time covering both nose and mouth

Contact tracing sheet completed upon entry

Temperature and symptom check upon entry

One way entrance and exit – no entry or exit through the billiards room

6' social distancing required

No food allowed to be brought in

No congregating after completion of the activity

Capacity limits for all activities

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 to take a walk. If you would like to be included on this list, please email Marti Hahn at [lorrainemhahn@gmail.com](mailto:lorrainemhahn@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..)

## **80's and 90's Club Weekly Get Together at Lions Park**

Make friends your own age, have fun, make a difference and give your life a focus. Meet every Friday at Lions Park for lunch and socializing. Wear your facemask and social distance.

Meet at noon - bring a sack lunch if you like!

Location: Lions Park - 602 North Nevada

## **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

**2<sup>nd</sup> Friday monthly**, October 9

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: Varying Tuesdays monthly**

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

**2<sup>nd</sup> Monday monthly**, October 12, *Donna Rister (2<sup>nd</sup> Monday monthly) Appointment held at the Rec Center*

Tuesday, September 22, *Michele Grimmett (4th Tuesday monthly)*

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

Location: Montrose Recreation Center Party Room