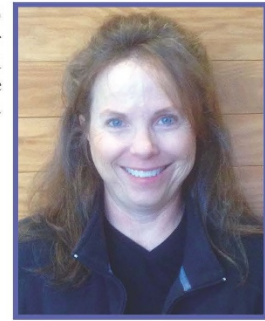


# 50+ Activities

**CINDY MARINO**  
50+ Activities Coordinator  
970-252-4884 • [cindy@montroserec.com](mailto: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](http://www.montroserec.com). We encourage you to get on the waiting list if a trip is full.

**NOTE: Bus service not available at this time. You must drive yourself to event locations. We will meet at the Recreation Center and caravan to trip sites.**

If you would like to get on my direct email list for updates, email me at: [cindy@montroserec.com](mailto:cindy@montroserec.com). I might be adding tours or cancelling tours. It is all dependent upon the COVID numbers.

### Snowshoeing on Snowshoeing Dave Wood Road

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.

Date: Thursday, February 18

Time: 9:45 am – approximately 2:00 pm

Fee: \$15 1501022\_02 Drive Self

*We have vouchers for free trips to those in need due thanks to the generous donation of others to our Giving Tree. If you could benefit from this assistance, call Cindy at 970-209-1557.*

### **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**, February 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, February 23 and 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

**2<sup>nd</sup> Monday monthly**, February 8, *Donna Rister Appointment held at the Rec Center*

**4<sup>th</sup> Tuesday monthly**, February 23, *Michele Grimmer*

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

Location: Montrose Recreation Center Party Room

## Virtual Classes are being offered through Colorado's Region 10 Older Adults

### GetSetUp

*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!

I have taken a few myself and they have been great! Cindy Marino

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

Are you looking for a way to connect with others during the COVID pandemic? Check out Highway61



[Highway61](#) is a free platform for seniors. They offer real time discussions, games and support groups all throughout the day!

Eva Hibnick created the platform with her mother for her mom's senior community, and now they help over 50 different senior communities offering Highway61 to their members!

Some of the live discussions offered are: trivia, classic movies, opera, music hour, travel, bingo, trivia, as well as aging alone, grief and chronic illness support groups.

You can find upcoming discussions by checking out their calendar: [calendar.highway61.co](http://calendar.highway61.co)

Create an account and you are ready to go.

If you try Highway61, call me with your feedback. Cindy - 970-252-4884.