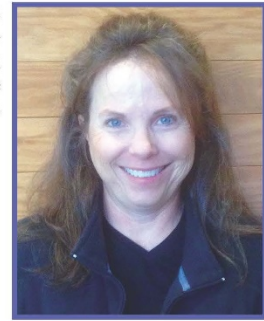


50+ Activities

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

December 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.

You are welcome to drive yourself to each event. Due to participant's request, the bus will be available for trips at 50% capacity (7 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.

Sign up for the MRD bi-weekly newsletter at www.montroserec.com to keep up to date on 50+ offerings.

Parade of Lights and Christmas at the Fort (Fort Uncompahgre – Delta, CO) 4501024_02

We will watch the Delta Parade of Lights and then go to Fort Uncompahgre to celebrate Christmas at the Fort. Bring a can of food for the food bank. There will be a living nativity with a donkey, Mary and Joseph. There will be people in the kitchen cooking, a blacksmith at the blacksmith shop, and volunteers in all of the rooms to talk to. Altrusa will have people reading stories in some buildings. There will be popcorn at the open camp fire and a Christmas tree with candles. Step back in time for Christmas at the Fort!



Date: Friday, December 4

Time: 5:30 pm – approximately 8:30 pm

Fee: \$20 Bus 4501024_02

Fee: \$15 Drive self 4501024_03

Location: Meet at the Rec Center at 5:15pm

December Hiking

We are taking 3 short hikes near Fruita (Dinosaur Hill Trail, Fruita Paleo Area and Snooks Bottom). These are easy to moderate hikes at lower elevation. Wear good hiking shoes, use sunscreen, dress in layers and bring a sack lunch and water to drink.

Fruita Hikes 4501011

Date: Friday, December 11

Time: 9:00 am

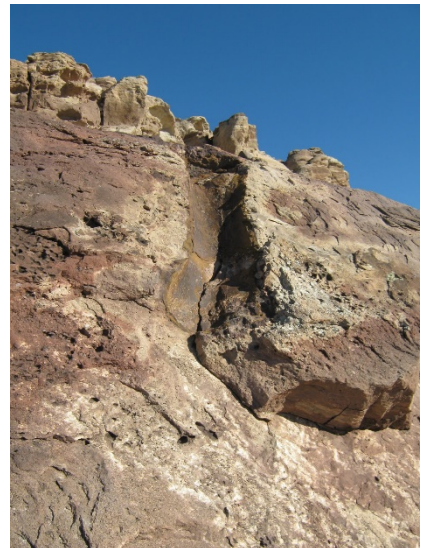
Fee: Bus Fruita Hikes \$19 4501011_09

Fee: Drive Self Fruita Hikes \$14 4504011_10

Location: meet at the Montrose Rec Center 16350 Woodgate Road at 8:45 am

Dinosaur Hill Trailhead 1.5 miles easy on improved trail; moderate on the rest

A mildly strenuous hike to the overlook provides panoramic views of the Grand Valley and the Colorado River. There are picnic sites and a large parking area for RVs. There are several interpretive signs along the trail about dinosaur fossils that have been discovered here. A giant plant-eating dinosaur, known as the Brontosaurus, was recovered here in 1901. This was one of the most complete specimens found to date. You can learn how this dinosaur was recovered and view the quarry site and bone reproductions during your visit. Most of this one-mile trail has been designed to include opportunities for hikers with visual impairments through tactile signs and a guide system.



Fruita Paleo Area 1 mile easy

The Fruita Paleo area is a fairly new development located between the Devils Canyon and Pollock Bench areas of the Black Ridge Canyons Wilderness Area just south of Fruita. The Fruita Paleontological Area is known for its rare Late Jurassic crocodiles, mammals, fish, frogs, lizards and other beasts from the Morrison Formation. Besides the smallest dinosaur fossil to be discovered anywhere in the world, the Fruitidens, the much larger Stegosaurus and Ceratosaurus have also been found here.



Fruita Paleo Area informational marker. There are about 20 markers on this hike.

Snooks Bottom - 1.2 miles easy

The Snooks Bottom trail is a popular destination for area residents looking for a place to take a short stroll or walk their dogs. The trail descends the hill from the parking area and follows around the pond to complete a loop. The trail on the Opal Hill side of the water is a little more rugged and is probably best avoided when it is muddy.



FREE Educational Seminars at the Senior Center

Pre-registration required by calling Cindy at 252-4884 – limit on number of participants to assure proper social distancing. Facemasks must be worn at all times in the Senior Center.

Natural Vision Improvement!

Like most people these days your eyes are glued to a screen much of the day - and night! This excessive screen time is damaging to your eyes, your brain and your health. With my program, you can release the strain patterns which will reset your eyes caused by modern life, open up the pathways between your eyes and your brain and releasing emotions. Your eyes will see better and your brain will work better. I will teach you a selection of powerful eye techniques based on the renowned Dr. Bates method. This will be an introduction to what is possible.

Presenter: Yolanda Delhierro - Certified Holistic Practitioner

Date: Tuesday, November 17

Time: 11:00 am

Presenter: Yolanda Delhierro

Call Cindy at 252-4884 to register for this free presentation. Space limited due to COVID 19 restrictions

80's and 90's Club Weekly Get Together

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

Time: Noon - bring a sack lunch if you like

New Location: Our Town Matters Building 1245 E Main Street – Park in the back of the building.

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, December 11

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. **We are currently looking for a new service provider to perform pedicures. Let Cindy know if you have someone in mind that would like to work with us.**

Day: Tuesdays

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

2nd Monday monthly, December 14, *Donna Rister* Appointment held at the Rec Center

4th Tuesday monthly, November 23, *Michele Grimmett*

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

Location: Montrose Recreation Center Party Room

Photo Album Links to some of our past 50+Adventure

Montrose Historical Walking Tour <https://photos.app.goo.gl/bKzHseqDs8kFM4Hn7>

Log Hill Escarpment Trail Hike <https://photos.app.goo.gl/by7WHDeEiHA2YQg37>

Artists Tours in Hotchkiss <https://photos.app.goo.gl/32p6wEPfLujwJ4rQ6>

Bridal Veil Falls Hike Telluride <https://photos.app.goo.gl/xdrf9dFndjLNZKx66>

The Road less Traveled <https://photos.app.goo.gl/YtrxhJeqNA4RBXd57>

Hike - Mears Trail and Beaver & Belfast Mines <https://photos.app.goo.gl/k2F9rgwnYuzHjcW29>