

# 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*

## **MRD Newsletter information**

The Senior Center remains closed indefinitely at this time.

COVID-19 has changed everything about how Senior Center participants are able to interact with each other and participate in familiar activities. Until we are able to meet again, we want to put together a contact list to share with other participants at the Senior Center 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..)

## **Books and Puzzle Check-Out at the Senior Center**

If you would like to check out books and / or puzzles from the Senior Center, call Cindy at 252-4884 to schedule a time to come in. A face mask is required and you will need to fill out a contract tracing form.

## **July 50+ Adventures**

During the month of July the 50+ Adventures Program was up and running again! We participated in a variety of outdoor activities including stand up paddle boarding, hiking, horseback riding and two different 4 wheel drive tours. It was great to get outside together and enjoy the beauty in western Colorado. We practiced social distancing and wore face masks during our outings. See links for photos

## **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. Due to COVID 19, you will be responsible for your

own transportation to each venue location. We will all meet at the Recreation Center and take off from there in our own vehicles. Call Cindy at 252-4884 if you have any questions.

**50+ Tour Western Colorado Conservation Center – Paonia 4501007\_01**

The Western Slope Conservation Center was formed in 1977. Its mission is to build an active and aware community to protect and enhance the lands, air, water and wildlife of the Lower Gunnison Watershed. We will meet at the Paonia River Park. NOTE: This tour involves hiking approximately 3 miles at the Paonia River Park. Learn about current projects and what's next.

Fee: \$29 (includes \$10 donation to the Western Colorado Conservation Center)

Date: Monday, September 14

Time: 8:30 am – approximately 2:30 pm

Location: Meet at the Rec Center to caravan to the facility

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

**Local Business Tour – Delta 4501024\_01**

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 to caravan to the facility

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

**Easy Hike - Uncompahgre River Way 4501011\_01**

We begin this hike at the Dennis Weaver Memorial, travel to Ridgway for an early lunch and return back the same way. This is an approximate 3 mi RT hike. We will take a leisurely stroll capturing pictures along the way.

Fee: \$15 (bring money for lunch or bring a sack lunch to eat in the Ridgway Town Park)

Date: Thursday, September 10

Time: 9:30 am – approximately 1:00 pm

Location: Meet at the Rec Center at 9:15 am to caravan to the trail head

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

### **Moderate to Difficult Hike - Bridal Veil Falls 4501011\_02**

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 to caravan to the trail head

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

### **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

Friday, September 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. 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

Monday, September 14, *Donna Rister (2<sup>nd</sup> Monday monthly) Appointment held at the Rec Center*

Tuesday, September 22, *Michele Grimmertt (4<sup>th</sup> Tuesday monthly)*

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

Location: Montrose Recreation Center Party Room