SEPTEMBER SENIOR SCOOP

News and Views from the Routt County Council on Aging

ROUTT COUNTY COUNCIL ON AGING

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THANK YOU DONORS

Donations Received July 2017

Jim and Barbara Bronner
City of Steamboat Springs
Ron Kashner
Betty Leipold
Chad Page
Routt County
Routt County United Way
Tuesday Bridge Group
YVEA Operation Round Up

A special Thank You to extra special volunteers…

Tanna Brock and Colt
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Rebecca Wattles
Hayden Driver
Charlotte Whaley
South Routt Kitchen Asst

September 2017

Routt County Council on Aging is a non-profit organization dedicated to meeting the needs of Routt County's senior citizens since 1977.



Treasures Have Been Donated!
Prices can't be beat!
Come Shopping at the Inaugural Rummage Sale!

Steamboat Springs Community Center
Wednesday, September 13th, 8:00 am - 3:00 pm.

All money raised will stay in Routt County and directly support senior nutrition, transportation and recreation programs.

Furniture, clothing, household items, holiday decorations, outdoor equipment and more including a silent auction.

Donations will be accepted until Monday, September 11th
Call 970-879-0633 xt. 4 for additional information.



Fall Foliage Trips

RCCOA shuttles will be taking in the scenery once again this fall. Join us for an afternoon or a day of sight seeing.

Monday, September 25th 1:00pm — 4:30pm
South Routt and Steamboat Shuttles leaving from the Steamboat Community Center

Monday, October 2nd 9:30am — 3:00pm
The Haven residents and Hayden residents Shuttle will be leaving from the Haven

Space is limited, Contact April for reservations and details. 970-879-0633 xt 4

Northwest CO Senior Law Day

Thursday, October 12th
1:00 pm - 5:00 pm
at the Steamboat Springs Community Center

What is Senior Law Day?
Informative Seminars for seniors, adult children, friends and caregivers of seniors. This event brings together accomplished and respected professionals in the surrounding communities to present to seniors and their families informative information pertaining to aging adults, planning and legal matters. This year's event will cover the following topics: Social Security, Wills and Probate, Fraud/Scams, Insurance advice and limited "Ask a Lawyer" appointments, as well as an expo. More details to follow. Free to attend.

Easy, Delicious Ways to Enjoy Apples



Sauté a peeled/sliced apple with cinnamon and a little butter to eat on top of oatmeal.

Top a whole wheat tortilla with cream cheese, deli-style turkey, lettuce, and apple slices. Roll it up and hit the road!

Use sliced apples as a scoop for peanut butter.

For tonight's dessert, try apple wedges with brie cheese and a drizzle of honey.

YUM

APPLE HEALTH AND NUTRITION: THE ORIGINAL SUPERFRUIT

Apples keep the doctor away because they are one of nature's best superfoods. There's so much nutrition in apples—fiber, antioxidants, vitamin C, phytonutrients and more!



Yes, "an apple a day keeps the doctor away" has more truth behind it than ever before, as the superfood powers of apples continue to be unveiled by researchers. **Apples are fat, cholesterol and sodium free, a good source of dietary fiber, and have been linked to prevention of several chronic diseases, like heart disease and cancer.** Apples also aid in weight loss, lower cholesterol and protect bones.

- How many calories in an apple?
Less than 100 calories in a medium-sized apple.
- Apples are free of fat, sodium and cholesterol.
- That same medium-sized apple contains 4 grams of dietary fiber, which is 17% of the daily recommended value for Americans.
- Crunching on an apple for fiber makes you feel full, helps with digestion and may aid in losing weight.
- One medium apple has 14% of your daily recommended value of vitamin C.
- Antioxidants and phytochemicals in apples have been linked to help prevent a number of chronic diseases, including: Alzheimer's, lung cancer, heart disease, breast cancer, diabetes and more.
- Quercetin in the skin of an apple protects your brain cells.
- Apples rank low on the Glycemic Index, which measures how rapidly carbohydrates in a food boost blood sugar.
- Apples contain boron, a mineral that helps protect bones.
- Your skin benefits when you eat apples, thanks to a few B vitamins and also vitamin C.

https://www.stemilt.com/health-nutrition

SERVICES AND ACTIVITIES OF RCCOA







FOR RESERVATIONS OR QUESTIONS PLEASE CALL 970.879.0633

SENIOR EAT AND GREET

We have three dining rooms in Routt County. The recommended donation for meals is $3.00 for those 60 and better. Those under 60 must pay $12.60. Reservations requested 24 hours in advance.
Hayden - American Legion Hall: Noon on Tuesday, Thursday
South Routt - South Routt Community Center: Noon on Monday, Wednesday, Friday
Steamboat - Community Center: Noon on Monday, Tuesday, Thursday, Friday

MEALS ON WHEELS

RCCOA's Meals on Wheels provide hot, low-cost, nutritious meals to homebound seniors. The recommended donation for meals is $3.00 for those 60 and better. Those under 60 must pay $12.60. Meals on Wheels operates the same days as the Senior Eat and Greet listed above. Reservations required 24 hours in advance.
We are now delivering frozen meals for weekends, holidays and rural consumers! Please inquire.

TRANSPORTATION

RCCOA provides transportation to and from our programs and dining rooms in Hayden, Steamboat and South Routt. Rides are also available to medical appointments, shopping, trips to the pharmacy and other errands. The recommended contribution is $2 per trip. Reservations are required 24 hours in advance.

EXERCISE

The Council on Aging sponsors exercise classes in coordination with Northwest Colorado Health. Please see page 8 for a calendar of classes, or call Northwest Colorado Health with questions, 871-7676.

BINGO

South Routt: Wednesdays after lunch at the South Routt Community Center
Steamboat: Fridays after lunch at the Steamboat Springs Community Center

BRIDGE

There are several bridge groups that play at various times in Steamboat. Please call us for details.

GROCERY SHOPPING

South Routt: One Thursday a month
Steamboat: Tuesdays after lunch. Please reserve 24 hours in advance.

NUTRITION COUNSELING

The Council on Aging provides this service for our seniors at no cost. For an appointment please call 970-879-0633 xt 4 and we will arrange an appointment with Jenny Thomsen, RDN.

SUPPORT OUR SENIORS

ROUTT COUNTY COUNCIL ON AGING

School,
Effort, and
Play.
Trying your best
Each hour of the day,
Making new friends,
Being good as you can
Exciting discoveries,
Reading books with a friend."
- Boni Fulgham



RCCOA will be closed Monday, September 4th for Labor Day. Frozen meals are available prior to the holiday weekend. Let April know if you are interested.

"Like" us on Facebook

To subscribe to our monthly newsletter or see a calendar of events, please visit

www.rccoaging.org

PLEASE MAKE YOUR DONATION TODAY!

Donations will benefit the nutrition, transportation and recreation programs of RCCOA.

Name: _____

(Please print name as you would like it to appear in RCCOA publications)

Mailing Address: _____

City, State, Zip: _____

Email Address: _____

Phone Number: _____

Gift Amount: _____ **THANK YOU!**

We happily accept cash or checks payable to RCCOA or donate online www.rccoaging.org

FITNESS CLASSES

THERE IS A $3 SUGGESTED DONATION PER CLASS, UNLESS OTHERWISE NOTED. NO ONE IS TURNED AWAY DUE TO INABILITY TO PAY.

Movement & Exercise
Mondays, 2:30 - 3:30 pm
Mount View Manor Apts.

Movement & Exercise
Wed. 2:30 - 3:30 pm
Selbe Apartments

Movement & Exercise
Mondays, 10:30 - 11:30 am
Stmbt. Community Center

Movement & Exercise
Thursdays, 10:30 - 11:30 am
Stmbt. Community Center

Beginning Tai Chi for Arthritis
Tues, 9:15 - 10:15 am
Stmbt. Community Center
Last day of class is Oct. 3rd

Advanced Tai Chi for Health
Tues, 10:30- 11:30 am
Stmbt. Community Center

Tai Chi for Arthritis
Mondays, 10:30 - 11:30 am
SR Community Center

Movement & Exercise
Mondays, 9:30 - 10:30 am
Yampa Town Hall

Movement & Exercise
Wednesdays, 10:45 - 11:45 am
SR Community Center

Movement & Exercise
Thursdays, 10:00 - 11:00 am
The Haven Assisted Living Center in Hayden

SENIOR WELLNESS

Drop ins welcome!
Donations appreciated!

STEAMBOAT SPRINGS
Mount View Manor Apartments: 1:30 - 2:30 pm
2nd Wed. of the month

Steamboat Community Center: 11:30 am - 12:30 pm
3rd Tues. of the month

Selbe Senior Apartments: 2:30 - 4 pm
4th Wednesday of month

OAK CREEK
South Routt Community Center: 10:30 am - Noon
4th Mon. of the month

HAYDEN
Haven Community Center: 9 am - Noon
2nd & 4th Wed. of the month

FOOT CARE

Appointment required: 970-871-7676.
$20 per apt. No one is turned away due to inability to pay.

STEAMBOAT SPRINGS
Steamboat Community Center: 8:30 - Noon
2nd Fri. of the month ($20 donation)

Northwest Colorado Health: 1 - 4 pm
2nd Thurs. of the month

Northwest Colorado Health: 8:30 am - 4 pm
4th Thurs. of the month

OAK CREEK
South Routt Medical Center: 9 am - 4 pm
1st Thurs. of the month

Oak Creek Senior Apartments: 1 - 4 pm
3rd Thurs. of the month

HAYDEN
Haven Community Center: 1:15 - 2:45 pm
Wednesdays

EVENTS AND ANNOUNCEMENTS

ROUTT COUNTY COUNCIL ON AGING

Steamboat Springs: — South Routt: — Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Liz Leipold, Travel to Bhutan (rescheduled) Fantasy Football Kick Off Party 3:30 @ Casey's Pond	29	30 BBQ: 5:00pm Steamboat	31	1 Bingo: 12:30 Stmbt 
4 Labor Day All Sites Closed	5	6 Bingo:12:30 S.R.	7	8 Bingo: 12:30 Stmbt
11 JoAnne Grace, Ph.D., Exercise Your Brain for Your Wellbeing	12 Bridge: 12:30 S.R.	13 Bingo: 12:30 S.R. Rummage Sale 8:00am - 3:00pm	14	15 Bingo: 12:30 Stmbt
18	19 Wellness Clinic: 11:30 Stmbt	20 Bingo: 12:30 S.R.	21 Duplicate Bridge	22 Bingo: 12:30 Stmbt
25 Wellness Clinic: 10:30 S.R. Fall Foliage Tour	26	27 Shuttle to Craig	28	29 Bingo: 12:30 Stmbt

The Monday speaker series is at the Steamboat Springs Community Center at 12:30 pm. See page 8 for the complete schedule of exercise classes, foot care and wellness clinic times. Contact April at 879-0633 with any questions or ideas.

ROUTT COUNTY COUNCIL ON AGING

SENIOR EAT *and* GREET September 2017

South Routt Steamboat	Hayden Steamboat	South Routt	Hayden Steamboat	South Routt Steamboat
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
28 Chicken Noodle Casserole Peas Wheat Roll Cranberry Spinach Salad Fruit Cup	29 Meatloaf Mashed Potato Mixed Veggies Whole Grain Bread Tossed Salad Oranges Brownie Ice Cream	30 Meatloaf Mashed Potato Mixed Veggies Whole Grain Bread Tossed Salad Oranges Brownie Ice Cream	31 BLT Potatoes Pasta Salad Watermelon OJ	1 Clam Chowder Chef Salad Wheat Roll Pears Lemon Bar
4 Labor Day All Sites Closed	5 Beef Kabobs Corn Green Beans Pasta Salad Watermelon Brownie	6 Beef Kabobs Corn Green Beans Pasta Salad Watermelon Brownie	7 Chicken Strips Sweet Potatoes Mixed Vegetables Pasta Salad Fruit Salad	8 Shrimp Scampi Zucchini and Tomatoes Wheat Roll Caesar Salad Oranges Banana Cake
11 Spinach Quiche Tossed Salad Oranges Sunflower Seeds Blueberry Muffin Chocolate Pudding	12 Pork Chili Dog Mixed Vegetables Pea and Cheese Salad Waldorf Jello	13 Chicken Fried Steak Mashed Potato/ Gravy Mixed Vegetables Wheat Roll Oranges Apple Pie	14 Chicken Fried Steak Mashed Potato/ Gravy Mixed Vegetables Wheat Roll Oranges Apple Pie	15 Chicken Chow Mein Lo Mein Noodles Asian Broccoli Salad Oranges Fortune Cookie
18 Fish Sandwich Green Beans Coleslaw Tossed Salad Mandarin Oranges Sugar Cookie	19 Split Pea Soup Chef Salad with Chicken Crackers Peanut Butter Cookie	20 Split Pea Soup Chef Salad with Chicken Crackers Peanut Butter Cookie	21 Oven Fried Chicken Mashed Potato/ Gravy Broccoli Tossed Salad Wheat Roll Apple Crisp	22 Shepard's Pie Kidney Beans Tossed Salad Italian Bread Fruit
25 Roast Beef Mashed Potatoes/ Gravy Green Beans Tossed Salad Wheat Roll Strawberry Shortcake	26 Pizza Tossed Salad Garbanzo Beans Raisins Peanut Butter Bars	27 Bean Burrito Spanish Rice Squash Tossed Salad Pineapple	28 Bean Burrito Spanish Rice Squash Tossed Salad Pineapple	29 Chicken Pot Pie Broccoli Tossed Salad Biscuit Strawberries and Creme

Please call 970-879-0633 24 hours in advance for reservations.
Milk, Tea, & Coffee are offered with all meals. Nutrition analysis is available upon request.
Lunch is served at noon at the following locations:
Hayden/American Legion Hall
South Routt/ South Routt Community Center
Steamboat Springs/ Steamboat Springs Community Center