MARCH Senior Scoop

Serving Older Adults in Routt

SOAR

March 2026

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Well, it has been quite a Winter. Warm temperatures and very little snow is strange to all of us. Let's hope March brings some much needed moisture.

Our organization has been busy. We have rolled out an exciting new website - many thanks to April and Park for an incredible effort in getting it done. It is full of useful information, so take a moment and have a look. The Board of Directors is currently planning three fundraisers for the Summer and Fall. These events are critical for maintaining our organization and our mission in Routt County. Last year SOAR served over 19,800 meals and provided 2,722 rides. We will likely surpass those numbers in 2026. With this in mind, the Board's number one priority is to continue to look at options for a dedicated Senior Center.

Wear something green for Saint Patrick's day and enjoy Toni's corned Beef. For everyone that has a March birthday, may it be a happy one!

Christopher P. Myers



Cheers,
Chris Myers,
SOAR Board President

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SOAR, Serving Older Adults in Routt is a non-profit organization dedicated to meeting the needs of Routt County's older adults since 1977.

St. Patrick's Day

Find and circle the words hidden in the puzzle.
The remaining letters spell a secret message.

BEER
BELFAST
BISHOP
CABBAGE
CELEBRATION
CELTIC CROSS
CHRISTIAN
CLOVER
CORK
CORNED BEEF
DANCING
DUBLIN
EVENTS
FEAST DAY
FESTIVAL
GREEN
GUINNESS
HERITAGE
HISTORY
HOLIDAY
HOLY DAY
IRELAND
IRISH
LEPRECHAUN
LIMERICK
MARCH
MISSIONARY
MUSIC
PARADE
PATRON SAINT
POTATOES
SEVENTEENTH
SHAMROCK
SNAKES
SODA BREAD
TRADITION
YEARLY



S A S S E N N I U G E V E N T S P
I Y A D I L O H N T Y Y P A E P O
C T H I S T O R Y R A R P K G O T
I L S O D A B R E A D A A I R H A
S C O K L H T N E E T N E V E S T
U C I V N V H D E R S O I D E I O
M E I C E U A C O N A I T L N B E
E L C H E R A N R I E S E K B F S
G T H T A L S H R A F S C F E U F
A I R P R A E E C T M I I E F E D
T C I G I A L B S E R M B T S G H
I C S N N A D A R E R D H T Y A O
R R T R N I F I M A E P I C E B L
E O I D E L C I T N T V E K A B Y
H S A S E E L N R I A I R L R A D
E S N B H N B O A L O O O T L C A
S H A M R O C K U D C N R N Y Y Y

_____ _____ _____ ___ _____ _____ _____

	2		4					
				2				6
5	9		3					
		7				6		
				4			5	1
			6		1		8	
			7			2		3
		8	9			5	7	
		5					9	

Sudoku



Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Complete and submit these puzzles for a free SOAR lunch.

Turn your clocks forward

Sat., March 7th, @ midnight



Trivia, "data considered to be of little knowledge"

Mon., March 2nd 12:15 - 1:00pm

Fine tune your knowledge of nonsense and have fun while doing it. No sign up necessary. Prizes for the winning team.

SOAR and the Alzheimer's Association host a monthly **Caregiver Support Group** The 2nd Tuesday of each month @ the Steamboat Springs Comm. Center.

Tues., March 10th, 10:30 am

ALZHEIMER'S ASSOCIATION

Lunch and Shopping in Craig

Wed., March 11th

9:00 am - 4:30 pm

Join us for shopping and lunch. Space is limited. Suggested donation of $5 for those 60 and better. Lunch is not included. Please RSVP to Ellyn at least 72 hours in advance. 970-879-0633.

Play Mahjong



Tuesdays, 1:00 - 4:00 pm

@ the Steamboat Community Center

Mahjong is a tile-based game that was developed in the 19th century in China, a game of skill, strategy and luck. All are welcome.

Aging Mastery Program - Winter Speaker Series

Nutritional Vital Signs: Preventing and Treating Malnutrition

Fri., March 13th, 10:00 - 11:30 am

Steamboat Community Center
Katie Maloney, RDN, CSU Extension

Register at tinyurl.com/AMP-winter26 or call Katie Maloney at 970-879-0825. Walk-ins are welcome.

COLORADO STATE UNIVERSITY EXTENSION

Tea and Talk - In Honor of National "Let's Laugh Day"

Thurs., March 19th, 12:15pm

Steamboat Community Center
Bring a joke to share or a funny experience or just come and laugh along with us.





Abraham Lincoln - 3 Part Documentary @ 12:30 pm

Mon., March 16th, 23rd & 30th

A truly captivating watch, offering a powerful blend of history, emotion, and insight. It brings Lincoln's journey to life through vivid storytelling, thoughtful narration, and carefully selected archival material. Please RSVP, 970.879.0633

Do You Knit or Crochet?

Thursdays, 1:00 - 3:00 pm @ the Steamboat Community Center

Would you like to knit with others and get inspired, share ideas? All are welcome.

About March for Meals

March for Meals is a national campaign held during the month of March, initiated and sponsored by the Meals On Wheels Association of America, to raise awareness of senior hunger and to encourage action on the part of local communities.

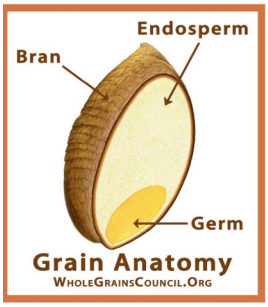
> ***"Having meals delivered is wonderful. I don't have to worry about cooking. I depend on these meals and the visit from the drivers."***
>
> **-SOAR Meals on Wheels recipient**



Today, 1 in 6 seniors are in danger of going hungry, and over half feel lonely.

And yet, most of us are unaware of how widespread and devastating these struggles are for older adults across the country. This month help us help our neighbors.

Whole Grains Written by Patti Murphy, RDN, CDCES



You may have seen whole grains being recommended as a healthy option. So, what is the difference between a whole grain and refined grains, and why are whole grains better?

A whole grain contains the entire grain, which includes parts called the bran, germ and endosperm. Most of the fiber is found in the bran. The germ contains b vitamins and a little bit of healthy fat. The endosperm is mainly a source of carbohydrates, which are used for energy (or stored as fat if more than are needed are consumed.)

A refined grain on the other hand has been milled to remove the bran and germ. So, all that is left is the endosperm (the source of carbs). In the case of enriched grains some of the vitamins and iron are added back after processing. However, the fiber is not added back in.

Fiber has a lot of health benefits. It can help reduce cholesterol levels and reduce risk of heart disease, stroke, obesity and type 2 diabetes. Fiber can also help people stay full for longer after a meal. Grains provide nutrients such as thiamin (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folate (vitamin B9), iron, magnesium and selenium. These are all important for a variety of body functions such as forming new cells, carrying oxygen in the blood, regulating the thyroid and maintaining a healthy immune system.

When looking for products that contain whole grains you don't want to trust color. Just because a product ,like bread for example, appears brown doesn't mean it is a whole grain. When reading a label on a food product you want to see "whole grain" or "whole wheat" as the first ingredient.

There are a lot of options for whole grains to explore. Barley, brown rice, oatmeal (rolled or steel oats), and quinoa are some options.

Trying to get three fiber-rich whole grains a day is a good goal. A serving would be 1 slice of whole grain bread, ½ cup whole wheat pasta or brown rice or 1 small whole wheat tortilla.

https://wholegrainscouncil.org/recipes

FITNESS CLASSES

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



SOUTH ROUTT *Oak Creek Community Center*

Arthritis Exercise Association Fitness Class
Mondays, 10:45 - 11:45 am
Arthritis Exercise Association Fitness Class
Wednesdays, 10:45 - 11:45 am

STEAMBOAT SPRINGS *Community Center*

Arthritis Exercise Association Fitness
Mondays, 10:00 - 11:00 am

Tai Chi
Tuesdays, 10:30 - 11:30 am: no instructor
Thursdays, 4:00 - 5:30 pm: no instructor

Yoga for Arthritis
Wednesdays, 10:30 - 11:30 am: Liz Leipold

Dance Vitality
Brought to us by Steamboat Dance Theatre
Thursdays, 10:30 - 11:30 am
Gentle dance classes specially designed for older adults, including those with limited mobility, to encourage movement, enhance flexibility, and improve balance.

If your birthday is not listed, please fill out a recent consumer assessment form. If you wish to refrain from our birthday list, please let Cady or Ellyn know.



Blaise A	3	Janet S	14	Joan K	28
Marty B	3	James G	17	Cindy P	29
Vi L	3	Catherine L	21	Winn D	30
Mary H	4	Nancy B	21	Kathleen M	30
Beverly R	4	Anita G	23	Judy E	31
George D	8	Michael M	24		
Jeff N	13	Lynn F	25		
Gail H	14	Molly M	27		
Patricia A	14	Judy H	28		

Join the adventure!

Aging Mastery Program®

with Routt County CSU Extension, SOAR -Serving Older Adults in Routt, and UCHealth Yampa Valley Medical Center

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life and strengthen ties to your community.

Wednesdays and Fridays
April 1 to May 1
9:00 - 11:00 am
Routt County Community Room
613 Oak St,
Steamboat Springs

Registration deadline: March 25

Limited spots available: Sign up now!

Sign up at tinyurl.com/AMP-STB2026
or contact Katie Maloney at
970-879-0825 or kmaloney@co.routt.co.us

You Will Learn About:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement



AARP Foundation® Tax-Aide

AARP Tax-Aide Returns at Bud Werner Memorial Library

AARP Tax-Aide, the long-running free tax preparation service for residents of all ages, is scheduling appointments in Steamboat Springs at **Bud Werner Memorial Library**. Sessions will be offered **every Monday** and on **select Saturdays** throughout the tax season.

Taxpayers should bring all required documents, including a photo ID, Social Security cards, income statements, and last year's return. Appointments may be made online at **cotaxaide.org/appt** or by phone through our local partners: **Integrated Community:** 970-871-4599, **Bud Werner Memorial Library:** 970-879-0240 **Local AARP Tax-Aide line:** 970-425-3855

Expect Changes in Refunds This Year - Many taxpayers may notice differences in their refunds this season due to federal tax law changes, including expanded deductions and new provisions affecting overtime and tip income and the new no tax on Social Security for many seniors. Because IRS withholding tables were not updated during the year, some taxpayers may have overpaid—resulting in larger refunds.

Don't Miss Out on Colorado State Credits - Filing a Colorado state return remains important, as the state offers a broad range of refundable and nonrefundable credits for the 2025 tax year. These include the Colorado Earned Income Tax Credit, child-related credits, new education and housing credits, and benefits such as the Colorado Promise Tuition Credit and Qualified Care Worker Credit. These valuable credits can only be accessed by filing a state return, ensuring residents don't miss financial support built into Colorado's tax code.

For many Routt and Moffat County residents, these tax changes—combined with the free, IRS-certified assistance offered through AARP Tax-Aide—provide an opportunity to file with confidence.

Thank You Donors! Donations Received January 2026

Andrea Abrahamson
Carol Baily - Facebook Giving
Ben and Lindsey Blonder
Bridge in Steamboat
Bridge Players Benevolent Fund
Kate Bush
Tracy Bye
City Market Community Rewards
City of Steamboat Springs
Rich and Linda Danter
Randi Fox
Bob Furman
Michael and Toni Hennessy
Martha Homjtn
Selina Koler
Vi Look
William Markowitz
Mahjong Players
Janis Petry
Rick Rapalee
Routt County
Dan and Cindy Roth
Jim Severson
Don and Diane Sperry
Tai Chi
United Way of the Yampa Valley
Joanne Wiswell

Donations in Memory of Mary Ann Ellsworth

Barbara Jones



Thank You Volunteers! We couldn't do it without you!

Jonathan Adler
Julie Alkema
Kathleen Allen
Carol Baily
Mike Berdine
Ben Blonder
Lindsey Blonder
Jill Boyd
Marybeth Bradfield
Maria Bryant
Cindy Byar
Ellisa Chapman
Amy Coughlin
Kristi Coxon
Kathy Curcio
Jennifer Daniels
George Detwiler
Shelly Dillingham
Laurie Edwards
Dan Emert
Pam Ford
Karl Gills
Steve Goldman
Nancy Good
Kim Graves
Derek Grover
Natalie Grover
Kristi Hardy
Jonathon Hayek
Kerry Holmquist
Dayna Horton
Annie Krieg
Hud Labaree
Lisa Lancaster
Jay Layman
Susie Lee
Valerie LeGore
Jean Levine
Julie Lind
Kay McGill
Scott Myller
Kasey O'Halloran
Karl Olson
Pam Olson
Mary Pennigton
Janis Petry
Whale Petry
Kay Rawlings
Calvin Reese
Brieanna Romero
Cindy Roth
Dan Roth
Catie Sack
Deidre Saunders
Cheryl Schliske
David Selden
Pegi Simmerman
Deb Smith
Diane Sperry
Don Sperry
Suzie Spiro
Jackie Stegmaier
Jim Stegmaier
Jenni Stolarski
Nancy Trimmer
Michelle Trousil
Norbert Turek
Barb Tuchlinsky

A Heartfelt THANK YOU and special recognition to 2 amazing Volunteers of the Month - Thank you for going above and beyond!



Amy Coughlin



Deidre Saunders

CURRENT SERVICES OF SOAR

Eat and Greet

Join us at one of our three dining sites!
The recommended donation for meals is $3.00 for those 60 and better. People under 60 years of age are welcome to meals for $17.80. Space is limited. Reservations required 48 hours in advance 970.879.0633 xt. 1. See menu and days of service on page 10. Lunch is served at 11:45.

Meals on Wheels

Any senior 60 years and better can receive a hot, delicious meal delivered to their door. The recommended donation for meals is $3.00 for those 60 and better.
Reservations required 1 week in advance 970.879.0633 xt 1. Frozen meals are also available. Meals are delivered around 11:30.
Steamboat Springs: M, T, Th, F
Oak Creek: M,W,F
Hayden: T, Th
North Routt: Monday (frozen meals)

Need A Ride? Call Us.

SOAR provides transportation to meal sites and activities, medical appointments, grocery shopping or other errands.
Reservations are required 48 hours in advance. Call for information or a reservation. 970.879.0633 xt. 1

Grocery Shopping

Need a ride to the grocery store? We can take you shopping on Tuesday at 1:00. Call us 48 hours in advance to request a reservation or provide us with your shopping list and we are happy to shop and deliver things to you. We are also available to pick up and deliver your Rx. Please allow 48 hours for shopping and delivery. We will present a receipt and collect payment upon delivery. Call 970.879.0633 for more information.

Helping Hands

Non-medical home care services and companion care

Available for people who need a little extra help on a weekly basis. Companion care, light house keeping, laundry, shopping, and meal prep are examples of non-medical services we provide. Services will be provided for a suggested donation of $15/hour. Please call Ellyn with questions or to schedule an assessment.
970.879.0633 xt. 1

Do You Need to Borrow Medical Equipment?



SOAR has wheelchairs, walkers, canes, toilet riser seats, shower transfer chairs, new O2 tubing and miscellaneous other supplies available to borrow for FREE. Call for information or to pick up. 970.879.0633.

Bingo and Bridge

Join us for Bingo
Fri. at 12:30 in Steamboat
Mon. Wed. Fri. at 12:30 in Oak Creek

There are many Bridge sessions at the Steamboat Community Center. Call Sharon for more information, 303.588.9856 or email bridgeinsteamboat@gmail.com. Call Ralph for information about social bridge on Mondays 970.232.0248.

SOAR
Serving Older Adults in Routt

MARCH EVENTS AND ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Trivia -Stmbt 12:15	3 Mahjong -Stmbt 1:00	4 Bingo –S.R. 12:30	5 Knitters Circle-Stmbt 1:00	6 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
9	10 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	11 Bingo –S.R. 12:30 Shuttle to Craig	12 Knitters Circle-Stmbt 1:00	13 Nutritional Vital Signs- Stmbt 10:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
16 Abraham Lincoln -12:30 Stmbt	17 Mahjong -Stmbt 1:00	18 Bingo –S.R. 12:30	19 Tea and Talk - Stmbt 12.30 Knitters Circle-Stmbt 1:00	20 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
23 Abraham Lincoln -12:30 Stmbt	24 Mahjong -Stmbt 1:00	25 Bingo –S.R. 12:30	26 Knitters Circle-Stmbt 1:00	27 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
30 Abraham Lincoln -12:30 Stmbt	31 Mahjong -Stmbt 1:00	1 Bingo –S.R. 12:30	2 Knitters Circle-Stmbt 1:00	3 Bingo –Stmbt 12:30 Bingo –S.R. 12:30

See page 3 for details about scheduled activities. See page 5 for a complete list of Aging Well classes.

Help reduce our use of paper. Subscribe to our monthly newsletter or see a calendar of events and menus online, please visit **www.soarroutt.org.**

To see photos, updates, and more: **"Like" us on Facebook**
www.facebook.com/SOAR-ServingOlderAdultsinRoutt

SOAR
Serving Older Adults in Routt

EAT and GREET March

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
2 Italian Sausage & Broccoli Quiche Texas Toast Tossed Salad Banana Cinnamon Roll	3 London Broil Baked Potato Carrots Biscuit Tossed Salad Blueberry Crisp	4 Fried Chicken Mashed Potatoes Green Beans Roll Tossed Salad Orange Sherbet	5 Fried Chicken Mashed Potatoes Green Beans Roll Tossed Salad Orange Sherbet	6 Corn Chowder Tossed Salad w/Egg & Cheese Crackers Lemon Bar
9 Biscuit and Sausage Gravy Hard Boiled Egg Hashbrowns Mixed Berries Cherry Crisp	10 Teriyaki Chicken Rice Stir Fry Vegetables Eggroll Asian Salad Peach Crisp	11 Shepherd's Pie Broccoli Garlic Bread Spinach Salad Vanilla Ice Cream	12 Shepherd's Pie Broccoli Garlic Bread Spinach Salad Vanilla Ice Cream	13 Tomato Soup Crackers Tossed Salad Strawberries & Bananas Cheesecake
16 Baked Potato with Broccoli and Cheese Roll Tossed Salad Orange Strawberry Cake	17 Corned Beef & Cabbage Potatoes & Carrots Rye Bread Tossed Salad Chocolate Cake	18 Fish-n-Chips Green Beans Hushpuppies Coleslaw Vanilla Ice Cream	19 Fish-n-Chips Green Beans Hushpuppies Coleslaw Vanilla Ice Cream	20 Brunswick Stew Corn Muffin Tossed Salad Melons Chocolate Cream Pie
23 Tuna Melt Roasted Potatoes Peas Spinach Salad Grapes Peanut Butter Cookie	24 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	25 Chicken Pot Pie Corn Green Beans Tossed Salad Strawberries Cheesecake	26 Chicken Pot Pie Corn Green Beans Tossed Salad Strawberries Cheesecake	27 Reuben Sandwich Sauerkraut Tossed Salad Waldorf Salad Cream Puffs
30 Spinach & Vegetable Lasagna Black Beans Garlic Bread Tossed Salad Key Lime Pie	31 Sausage w/Peppers & Onions Roasted Potatoes Italian Bread Tossed Salad Chocolate Cupcake	1 Sausage w/Peppers & Onions Roasted Potatoes Italian Bread Tossed Salad Chocolate Cupcake	2 Beef Enchilada Casserole Spanish Rice Pinto Beans Mexican Salad German Chocolate	3 Chicken & Dumplings Beet Salad Tossed Salad Orange Cookie

Please call 970-879-0633 1 week in advance to request a meal delivered or 24 hours in advance to make a reservation for a meal site. Lunch is served at 11:45am. The suggested donation for those 60+ is $3.00. The fee for those under 60 is $17.80

FUNDING PROVIDED IN PART BY:
VINTAGE

*The following major food allergens are used as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please see staff for more information about these ingredients.