

Fruita Senior community update



55+ Newsletter

Hikes

Starting up in
Mid -
September!

<https://www.fruita.org/parksrec/page/seniors>
Check out the website
for Exciting Hikes

September 2020

September is a time of transition. Long summer days give way to the change of pace that fall always brings. Kids go back to start a new school year, one way or another. We transition to a new routine or back into an old one. At the very least we all have to adjust to the fact that summer is over! It's so important to manage transitions mindfully in life.

I have personally set the intention to focus on the 'now' in the transitions rather than looking backwards or looking too far in advance. I try not to let changes scare or overwhelm me and to know that the change or transition we go through will make us stronger and better able to embrace the one constant – Change.

This change of the seasons sets us up for the great harvest. Preparations are being made now for the upcoming winter. The warm colors of transition soothe our senses of the earthly harvest table. Jars are being unboxed to begin the canning & storing process. Peaches, squash, potatoes, mellons, and corn give us the stability we need, and with a touch of change we give to the creation a meal that reminds of our past, but more importantly, the Present.

We will be traveling around Fruita with our 'Fruita Loops' program to check in on & deliver goodie bags with bingo cards that we play via ZOOM once a week on Thursday. If we haven't visited you yet, give us a call & we'll get you on the list! For more information on our weekly Bingo game and additional programs, go to <https://www.fruita.org/parksrec/page/seniors> or contact Jacqui Foster (see contact info. below) for more information.

Thank you to **Jimmy Johns, QDOBA, Enstrums Candy, & Best Slope Coffee** for their wonderful donations for our Senior Bingos!
Your support is **Greatly Appreciated!**

Canyon West Worship Center

Food Distribution – Open to Everyone in Need! **Second Saturday** of month from 9-11 am. In the Kokopelli Plaza, Fruita.



Meals on Wheels Home Delivery available. To sign up, call 243-9844 x2.

Contact **Jacqui Foster**
jfoster@fruita.org
858-0360
For any questions

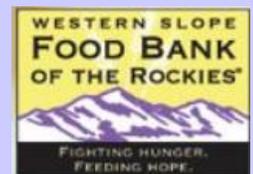
FOOD BANK OF THE ROCKIES

970-464-1138

Sept. 17th

at Little Salt Wash
Park from 11-12p.

✓ Call to sign up
970-464-1138



Mesa County Library - Fruita

New 55+ programs
beginning soon –
upcoming classes:

Crafts, Lectures,
History, and Many
more!

<https://www.fruita.org/parksrec/page/seniors>



September

September's name comes from the Latin word *septem*, meaning "seven." This month had originally been the seventh month of the early Roman calendar.

September 2, 1666 - The Great Fire of London began in a bakery in Pudding Lane near the Tower. Over the next three days more than 13,000 houses were destroyed, although only six lives were believed lost.

September 5, Birthday - Wild West legend Jesse James (1847-1882) was born in Centerville, Missouri. Following the American Civil War, Jesse and his brother Frank formed a group of outlaws, robbing banks, trains, stagecoaches and stores. In 1882, after the governor of Missouri offered a \$10,000 reward for their capture dead or alive, a member of the gang shot 34-year-old Jesse in the back of the head and claimed the reward.

September 7, Labor Day - In the late 1800s, at the height of the Industrial Revolution in the United States, the average American worked 12-hour days and seven-day weeks in order to eke out a basic living. Despite restrictions in some states, children as young as 5 or 6 toiled in mills, factories, and mines across the country, earning a fraction of their adult counterparts' wages. On September 5, 1882, 10,000 workers took unpaid time off to march from City Hall to Union Square in New York City, holding the first Labor Day parade in U.S. history.

September 8, 1565 - The first Catholic settlement in America was founded by Spaniard Don Pedro Menendez de Aviles at St. Augustine, Florida

September 9, 1776 - The United States came into existence as the Continental Congress changed the name of the new American nation from the United Colonies.

September 13, 1979 - It was in 1979 that President Jimmy Carter proclaimed the first Sunday after Labor Day each year as National Grandparents Day (September was chosen to signify the "autumn" years of life).

September 19, 1893 - New Zealand became the first country to grant women the right to vote.

September 29, 1789 - Congress created the United States Army, consisting of 1,000 enlisted men and officers.

September 30, 1955 - Actor James Dean was killed in a car crash in California at age 24. Although he made just three major films, *Rebel Without a Cause*, *East of Eden* and *Giant*, he remains one of the most influential actors.

Enjoy the month of September!

September's birth flowers are the aster and the morning glory. The aster signifies powerful love. The morning glory symbolizes affection. It can also mean coquetry, affectation, or bonds in the language of flowers.



Fruita Farmers Market for Online Pre-orders!

Join us at **Reed Park** on **Saturday morning** between **8:30 - 12:00p.** & kick your weekend off with some local produce!
<https://fruitafarmersmarket.org/>

Go to 'Shop Now' To place your order. Pick up on Saturday & enjoy!



Harvest Season Baking



CHOOSING AN APPLE VARIETY

Ever eaten a mushy apple pie? Often, the cause of this is a soft apple variety that doesn't hold up in the oven. When you use the right kinds of apples for your recipes, your dishes can go from good to delicious! Below is a list of the best apples for baking and cooking. Note that some familiar apple varieties may be missing because they are best eaten fresh.

If you have apple varieties in your region that are not listed here, please comment below and let us know what you prefer to use!

THE BEST APPLES FOR BAKING

Name	Best Uses	Flavor Characteristics, Appearance
Braeburn	Applesauce	Tart, sweet, aromatic, tall shape, bright color
Cortland	Pies, Applesauce, Fruit Salad	Tart, crisp, larger than 'McIntosh'
Fuji	Baking	Sweet and juicy, firm, red skin
Gala	Dried, Cider	Mild, sweet, juicy, crisp, yellow-orange skin with red striping (resembles a peach)
Granny Smith	Baking	Moderately sweet, crisp flesh, green skin
Jonagold	Pie, Applesauce	Tangy-sweet, Yellow top, red bottom
Jonathan	Applesauce	Tart flesh, crisp, juicy, bright red on yellow skin
McIntosh	Applesauce	Juicy, sweet, pinkish-white flesh, red skin
Newtown Pippin	Pie, Applesauce, Cider	Sweet-tart flesh, crisp, greenish-yellow skin
Rhode Island Greening	Pie	Very tart, distinctively flavored, grass-green skin, tending toward yellow/orange
Rome Beauty	Baking, Cider	Mildly tart, crisp, greenish-white flesh, thick skin
Winesap	Applesauce, Pie, Cider	Very juicy, sweet-sour flavor, winey, aromatic, sturdy, red skin



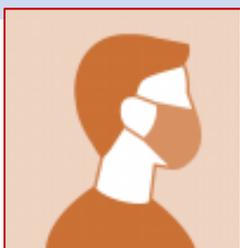
SAFER AT HOME MESA COUNTY will happen Gradually.

Fruita Community Center

FCC hours: Mon-Fri 5:30a – 7p. Sat. 8-5p. Sun. 12-5p.



- We are discouraging anyone 60+ from coming to the facility during this phase.
- Non-residents of Mesa County are discouraged from participating at the FCC at this time.
- Face Coverings must be worn entering, during workout around the building & exiting. Bring your own mask.
- **Indoor Pool closed. Register Sign up Genius for slots.**
- **Hot Tub Closed – TBD.**
- Water Aerobics by reservation - Mon, Wed & Fri 8:30a – 10:20a.
- Pickleball: **DROP -IN** - Mon - Thurs. 6a – 11a. Players must bring their own ball & paddle.
- Check out **Sign Up Genius** - <https://www.signupgenius.com/go/fcc2020> for all workout & swim reservations.
- Fitness Classes Mon - Sat. Check out Sign up Genius for time slot reservations.
- The Senior Center will remain Closed until further notice.
- Senior Meals on Wheels are Home Delivery only. NO Thursday Potluck lunch.
- Front play area closed. Vending area closed. No drinking fountains. No showers. No gathering.
- For more info – check out all the information at www.Fruita.org Click on 'In The Spotlight' on the left!



Guidance for wearing masks

The order requires people in Colorado who are 11 years and older to wear a covering over their nose and mouths:

- When entering or moving within any public indoor space.
- While using or waiting to use public (buses, light-rail) or non-personal (taxis, car services, ride-shares) transportation services.

Research shows that people who have no symptoms can spread COVID-19. Wearing a non-medical face mask helps minimize the spread of the virus. Instructions for making homemade masks can be found at the [Colorado Mask Project](#).

Masks should:

- Be clean and in good repair.
- Fit snugly, but comfortably against the side of the face.
- Be secure.
- Include multiple layers of fabric.
- Allow for breathing without restriction.
- Be able to be laundered and machine dried.
- Be on the wearer's face.
- Be laundered daily.

Masks should not:

- Have anything hanging off the facial covering that would create a food safety hazard.
- Have holes or tears.
- Masks should not be shared with others.

Other tips:

- Wash your hands before and after putting a facial covering in place.
- Do not touch the facial covering again until you remove it.
- Masks should be positioned so that there is no need to adjust or otherwise touch the face frequently.
- If your mask becomes soiled or hard to breathe through, you should remove and not wear again until laundered.
- Remove your mask to eat and drink and if it is still in good repair, you may continue to use it for the duration of your shift.

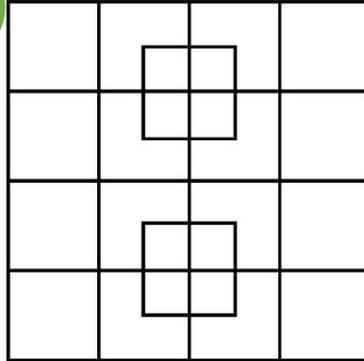
Puzzles

Answer the puzzles below with a number or answer by Oct. 1st
 Email me at jfoster@fruita.org for a chance to win a Drawing Prize!
 Answers will be given via email on Oct. 1st to those requesting

1 Can you find the Mistake?

ONE=1
 TWO=2
 THREE=3
 FOUR=4
 FIVE=5
 SIX=6

2 HOW MANY SQUARES?



3 Name four days of the week that start with the letter "t"?

4 Mom and Dad have four daughters, and each daughter has one brother. How many people are in the family?

5 I HAVE SIX EGGS
 I BREAK TWO
 I FRIED TWO
 I ATE TWO
 HOW MANY EGGS ARE LEFT?

6 A farmer had 15 sheep, and all but 8 died. How many are left?

8 What's Wrong With This Picture?

The artist has made how many mistakes in this picture?



7 How many 4's do you see?!
 Share if you know.

