

FRUITA SENIOR COMMUNITY UP DATE

| MAY 2020 |

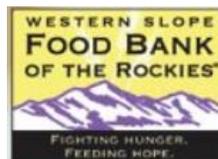


The Fruita Community Center – Senior Department has developed a newsletter just for our seniors here in Fruita to help in these times of uncertainty. Hope everyone is doing well and not going totally stir crazy! This newsletter will help with some time lapsing activities, along with information, links to websites, activity ideas & puzzles.

We also have information on the COVID – 19 epidemic and ways for you to keep safe! Things are ever changing and you need to keep up with the latest happenings in Fruita!

We have ways to help with meals, food, shopping and yard help for those in need!

- 3rd Thursday of the Month **Food Bank of the Rockies** will be distributing food boxes to those who have pre - signed up as well as Free food boxes to those in need. Call Food Bank of the Rockies to sign up for the monthly food box - 970-464-1138.



FRUITA COMMUNITY CENTER REOPEN?

May 11th the FCC plans to reopen for fitness.

COVID - 19

State of Colorado & Mesa County plans for

Phase 1.

- ✓ Food Banks
- ✓ Sharing Shelves
- ✓ Meals on Wheels.
- ✓ Shopping & Yark help

GAMES & ACTIVITIES...

1. May word search
2. Links to awesome museums, art centers & much more!
3. Bingo Card & more!

Contact **Jacqui Foster** –
jfoster@fruita.org
858-0360 ext: 6408
In need of any help or
have questions –
Please contact me!

Bonno,

Our Fruita Senior Adventurer –
Fruita Fossils Hiking Club
Mascott, has passed away.

He was our encouragement to
see what was over that ridge,
around that corner & as
always, he helped keep us safe
from all those 'wild animals' on
our adventures!

We Miss You!



Web page that you've never seen before – Check it Out!

The Dali Theatre-Museum Salvador Dali – born 5-11-1904. One of the most famous painters of the 20th century! Remember the melting clocks?

<https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/>

Once you're on the site - You can click on anywhere & it will take you there to view paintings, sculptures, etc. – room after room of Art! Check it out & tell me what you think! Explore this wonderful museum with ease from your own home!

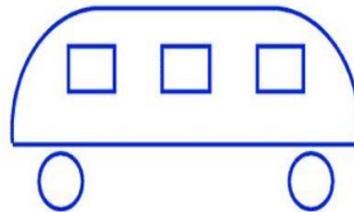


Brain Teasers Connections-

- ✓ Lock – Piano
- ✓ Ship – Card
- ✓ Tree – Car
- ✓ School – Eye
- ✓ Pillow – Court
- ✓ River – Money
- ✓ Bed – Paper
- ✓ Army – Water
- ✓ Tennis – Noise

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Here is an image of a bus.



Can you figure out which direction the bus is travelling? Hint: the bus is either traveling left or right. This is not a trick question. If you think you have the right answer or you can't come up with a solution, click



Answers on last page...

Spring has sprung and it's time to get out and about in the nice weather – *right?*

Well, not so fast... We all had travel plans for the summer & are itching to get away. Visiting family & friends may just help the spread of the virus to yourself & your loved ones.

The best you can do for your Family & friends – Is to Stay Home!

Travel via the internet, books, looking at old family travel photos & share them on Facebook!

Calculate your next travel destination

Instructions

1. Choose a number between 1 and 9
2. Multiply it by 3
3. Add 3
4. Multiply by 3 again
5. Add the two digit number you get together
6. Number you get is where you will be travelling to

Destination

1. Singapore
2. Spain
3. India
4. Thailand
5. Malaysia
6. Indonesia
7. Brazil
8. England
9. Stay at home
10. Australia
11. Cambodia
12. Vietnam
13. Japan
14. South Korea
15. India
16. Canada
17. Mexico
18. New Zealand

 Skyscanner

Business as Usual?

A return to 'business as usual' will take some time. It's not like flipping an off/on switch. If we reverse course too rapidly, the virus will come roaring back. More people will get sick, more will die, and hospitals in Colorado won't be able to take care of them all. It's like a dimmer switch. We need to prepare for the long haul & slowly turn the dial brighter so we can get ourselves & our economy back on track safely. I know it's been a rough ride but hold on awhile longer & we'll all get through this!

At this time, the best bet is to **STAY HOME! & STAY SAFE!**

SPECIAL NOTICE CORONAVIRUS (COVID-19)



FOR YOUR SAFETY

PUBLIC HEALTH RECOMMENDATIONS

-  **Stay at home as much as possible.**
-  **Wear a cloth face covering over the nose and mouth for interactions where physical distancing is not possible or when entering public places.**
-  **Practice physical distancing (keep at least 6 feet away from others).**
-  **Wash hands frequently with soap and water.**
-  **Clean and disinfect high touch surfaces.**

Hotline 970-683-2300

health.mesacounty.us/covid19

SAFER AT HOME MESA COUNTY will happen Gradually.

Fruita Community Center

Phase 1.

- Fruita Community Center will open May 11th for fitness workouts only.
- Monday- Friday: 6:00 AM-7:00 PM • Saturday: 8:00 AM-5:00 PM • Sunday: 12:00 PM-5:00 PM
- We are discouraging anyone 60+ from coming to the facility during this phase.
- All machines, work out areas are 15' away from the other.
- Allowing 30% customers in at a time for each hour. Folks will be able to sign up for 6 time slots per week. See **Sign Up Genius** - <https://www.signupgenius.com/go/fcc2020> Sign up with them & you're ready for your day/weeks workout.
- COVID punch passes will be available to purchase at a discounted price.
- No group classes, sport courts, locker rooms, saunas & pools are closed.
- Customers shall wear a face covering- entering, exiting & while in facility working out.
- The Senior Center will remain Closed until further notice.
- Senior Meals on Wheels are Home Delivery only.
- For more information – check out all the information at www.Fruita.org Click on Banner at top!



Volunteer Opportunities! Are you in need of getting out while keeping safe? We have some of our most vulnerable seniors that are in need of some assistance that you might be able to help! NO contact assistance.

In Need of Assistance? We might be able to help with small errands, light yard work, shopping, picking up your meds? Let us know & we're here to help!

The Fruita Community Center's Senior Department is organizing a community volunteer based assistance program to connect with our seniors in need! So far we've cleaned up several yards & made several seniors extremely happy!

Fruita is looking **Marvelous** because of it! Thank You! 😊

Contact Jacqui at jfoster@fruita.org for more info. !

The 'Fruita Loops'

are coming to your Neighborhood!

Look forward to the **Fruita Loops** coming to your neighborhood soon! Get on the list by emailing **Jacqui at jfoster@fruita.org**

We are here to check in with you. How are you doing? Are you in need of anything? Can we help you with shopping? Food? Getting your Meds? *We just want to see your wonderful faces!*
From 6 feet away!

We will be delivering Goodie Bags & Great Vibes!

- Bingo via conference call or by Zoom. Get your weekly card & play to win!

Good News!

Walgreens has extended their **Senior Day** to Every **Tuesday**, all day, for the month of **May**.

30% Off regular-price merchandise (Walgreens, Complete Home, Nice brands).
20% Off all other regular-price merchandise.

City Market Hours:

They are keeping their Senior & High Risk hours for You!
Monday's & Wednesday's
7:00 – 8:00 am.

Mesa County Library:
Schedule your **Curb Side Pickup** by calling:

Fruita Branch - 970-858-7703
Monday through Friday
from 9:00 - 4:00

Answer Key:

Which was is the **Bus** moving? Left or Right?

Still don't know?

When pre-school children in the US are shown this brain teaser, they often answer "left."

Why? "Because you can't see the door."

Key: Key, Deck, Trunk, Pupil, Case, bank, sheet, tank, racket.



Wishing You
Safe & Well!



Fruita
Community
Center -
Senior Staff